

July | August 2019

Rec Connection

Program Guide



Boro Beach

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Murfreesboro Parks and Recreation Commission

The purpose of the commission is to provide leisure recreation opportunities and facilities for all residents of Murfreesboro. The commission shall have jurisdiction over all the recreation programs, park areas, and buildings set aside for recreation in the City of Murfreesboro. Please watch the Parks and Recreation Commission meetings each month, usually the first Wednesday of every month, for the latest news and developments of Parks and Recreation.

Commission Members: Mr. D. Edwin Jernigan, Chair; Mr. Eddie Smotherman, City Council; Mr. Tim Roediger; Mr. Ricky Turner; Mr. Rick LaLance, City Council; Mr. Eddie Miller, Vice Chair; Dr. Charlie Apigian; Dr. Linda Gilbert; Dr. Gloria Bonner; and Mr. Don Turner.

Mistakes Happen...

Occasionally there may be an error in days, times, registration requirements, or fees in this brochure. When such errors do occur, the staff will do everything possible to correct the situation promptly. Check our website for the latest updates and changes: www.murfreesborotn.gov/parks

Photos

The Murfreesboro Parks and Recreation staff takes photos and videos at our programs, events or on park property. These photos or videos may be used in our brochures, advertising, or other publications. If you do not wish to be in a video or have your photo taken, please tell our photographers.

Refund Policy*

- Full refund when canceling at least 2 weeks prior to the activity, event, facility rental, program, other rentals and/or services.
- 50% refund of total fee paid when canceling or dropping out of the activity, event, facility rental, program, other rentals and/or services less than 2 weeks prior to the activity, event, etc.
- No refund day of or after start of activity, event, facility rental, or other rentals and/or services.
- Prorated fee only for passes to Sports*Com and Patterson Community Center.

**Refund policy does not apply to the Gateway Island Rentals or Cannonsburgh Village weddings.*

City of Murfreesboro Access Statement

The City of Murfreesboro does not exclude anyone from participation nor deny the benefits of or otherwise subject to discrimination on the basis of race, national origin, color, age, or disability. Any complaint alleging discrimination may be filed with the City Manager of the City of Murfreesboro.

It is the goal of Murfreesboro Parks and Recreation Department to make its programs and facilities available to the public. If you or someone you know has a disabling condition and would like more information about accessibility of programs or facilities, call the main office of the Murfreesboro Parks and Recreation Department at 615-890-5333 or TDD 615-849-2689.

Any city resident needing financial assistance to participate in any activity may contact the main office of the Murfreesboro Parks and Recreation Department, located at 697 Veterans Parkway, to receive a copy of its financial assistance policy.

Administration 615-890-5333

Nate Williams, Director - nwilliams@murfreesborotn.gov
Thomas Laird, Assistant Director - tlaird@murfreesborotn.gov
Rachel Singer, Assistant Director - rsinger@murfreesborotn.gov
Cindy Nance, Finance/Personnel - cnance@murfreesborotn.gov

Aquatics, Sports*Com 615-895-5040

Aquatics, Patterson 615-893-7439

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Carrie Stafford - cstafford@murfreesborotn.gov
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Brittany Garrett - bgarrett@murfreesborotn.gov
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Adams Tennis Complex 615-546-4000

Gary Arbit, Facility Supervisor - garbit@murfreesborotn.gov
Cayce Neal, Facility Coordinator - cneal@murfreesborotn.gov
Beth McDaniel, Asst. Facility Coord. - bmcdaniel@murfreesborotn.gov
John Kreis, Tennis Pro - jkreis@murfreesborotn.gov

Bradley Academy 615-962-8773

Vonchelle Stembridge - vstembridge@murfreesborotn.gov

Cannonsburgh Village 615-890-0355

Shelia Hodges - shodges@murfreesborotn.gov

Community Parks 615-642-1103

Becki Johnson - bjohnson@murfreesborotn.gov

Cultural Arts 615-962-7725

Susan Hicks, Performing Arts - shicks@murfreesborotn.gov
Lisa Browning, Visual Arts - lbrowning@murfreesborotn.gov
culturalarts@murfreesborotn.gov

Marketing 615-809-4866

Melinda Tate - mtate@murfreesborotn.gov

McFadden Community Center

615-893-1802

Michael Philpott - mphilpott@murfreesborotn.gov

Outdoor Murfreesboro

Natural Resources 615-893-2141

Kristin Hopkins - khopkins@murfreesborotn.gov,
Greenway, Wetlands and Trails

Wilderness Station 615-217-3017

Hailey Moss - hmoss@murfreesborotn.gov
outdoormurfreesboro@murfreesborotn.gov

Patterson Park Community Center and The Washington Theatre

615-893-7439

Russell Smith, Superintendent - rsmith@murfreesborotn.gov
Gernell Jenkins, Facility Supervisor
gjenkins@murfreesborotn.gov

Pierre Lyons, Facility Coordinator

plyons@murfreesborotn.gov

Chad Hill, Fitness/Wellness - chill@murfreesborotn.gov

Heather Mullican - hmullican@murfreesborotn.gov

Crystal Ellis-McFerrin, Youth Development

cellis@murfreesborotn.gov

Susan Hicks, Performing Arts - shicks@murfreesborotn.gov

St. Clair Street Senior Center

615-848-2550

Mark Owens, Superintendent - mowens@murfreesborotn.gov

Sports*Com 615-895-5040

Bart Fite, Superintendent - bfite@murfreesborotn.gov

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Sarah Skinner, Asst. Facility Coord. - sskinner@murfreesborotn.gov

Allison Davidson, Fit/Well - adavidson@murfreesborotn.gov

Youth Development 615-893-1802

Priscilla Murray - pmurray@murfreesborotn.gov

Photography

Jim Davis - jbdavis@murfreesborotn.gov

Parks and Recreation website

www.murfreesborotn.gov/parks

Our Mission



Facility Passes

Patterson Park Community Center and Sports*Com

	Daily	30 Visits	Monthly	Yearly	Family Yearly
Adults	\$4	\$65	\$35	\$300	\$500
Adults (City Resident)	\$4	\$60	\$30	\$270	\$450
Military, Youth, & Seniors	\$3	\$50	\$25	\$200	Not available
Military, Youth, & Seniors (60+) (City Resident)	\$3	\$45	\$20	\$180	Not available

Holiday Hours

Thursday, July 4
 Open: Boro Beach
 Adams Tennis closes at 2 p.m.
 All other facilities closed.

Facility Pass includes admission to both Sports*Com and Patterson Park Community Center, including aerobic classes, water exercise classes, indoor pool, gym, track and weight room. It does not include fee-based classes.

Boro Beach (Sports*Com outdoor pool) requires a separate pass for admission.

For information on the financial assistance policy and facility rental fees, please call the Murfreesboro Parks and Recreation office at 615-890-5333.

30 Visits = 30 daily visits over a 1-year period from date of issue.

Monthly = Unlimited daily visits for 30 days from date of issue.

Yearly = Twelve months from date of issue

Family Pass = The household yearly pass includes admission to Sports*Com and Patterson Park Community Center. Household passes are designed for parents, or parent with dependent children 17 years or younger (22 years or younger if full-time student).



Patterson Park Community Center

615-893-7439
521 Mercury Boulevard, Murfreesboro, TN 37130

Located at Patterson Park in the central area of Murfreesboro. Amenities include: two gymnasiums, theatre, indoor water park, game room, conference center, 1/8 mile track, wellness center, aerobics studio, dining room and library. Meeting rooms are available to rent seven days a week, and pool rentals are available on weekends.

Hours:	Monday - Friday	6 a.m. - 9:00 p.m.
	Saturday	8 a.m. - 5:00 p.m.
	Sunday	1 p.m. - 5:00 p.m.



Sports*Com

615-895-5040
2310 Memorial Boulevard
Murfreesboro, TN 37129

Sports*Com is located at McKnight Park in the northern area of Murfreesboro. Amenities include a gymnasium, 1/16 mile track, aerobics area, fitness equipment, meeting room, 25-yard indoor pool, outdoor pool with 50-meter lap lanes, slides, play feature, rock wall, diving board, and 4 sand volleyball courts. The pools are available for rental on weekends, and the meeting rooms are available seven days a week.

Hours:	Monday - Friday	6 a.m. - 9:00 p.m.
	Saturday	8 a.m. - 5:00 p.m.
	Sunday	1 p.m. - 5:00 p.m.

Adams Tennis Complex 615-546-4000

**925 Golf Lane
Murfreesboro, TN 37129**



The facility hosts 8-indoor courts in addition to the existing 24-outdoor courts located in Old Fort Park.

Hours: Monday - Thursday 8 a.m. - 9:00 p.m.
Friday 8 a.m. - 9:00 p.m.
Saturday 8 a.m. - 5:00 p.m.
Sunday 11 a.m. - 5:00 p.m.

Barfield Crescent Park 615-890-5333

**697 Veterans Pkwy.
Murfreesboro, TN 37128**



Barfield Crescent Park is a 430-acre community park located in the southern area of Murfreesboro. Some of the amenities are: 2 playgrounds, walking/jogging trails, disc golf course, volleyball net, horseshoes, and tetherball. Restrooms are located between shelters 5 and 7. Pavilions 1,2,5,6,7 and 8 are available for rental seven days a week, April-October. Pavilions 3, 4, 9 and 10 are available first-come, first-serve.

Shelters No. 1,5,6,8	Seat Approx. 100 each
Shelter No. 2	Seats Approx. 75
Shelter No. 7	Seats Approx. 312
Shelters No. 3, 4, 9,10	Seat Approx. 24 each

Bradley Academy Museum and Cultural Center 615-962-8773

**415 S. Academy Street
Murfreesboro, TN 37130**



Bradley Academy was built in 1806 as the first school for education of white males only. In 1884, African American students, males and females, were allowed to attend school. The current structure was built in 1917 and opened as the new school for African American students in 1918. Today, Bradley Academy Museum and Cultural Center houses an original classroom, Civil War and early settlers' exhibits for the City of Murfreesboro and the County of Rutherford.

Rentals (available 7 days/week):

Auditorium: Seats 125-150
(dining area plus theatre section)

Boardroom: Seats 40-50

Hours: Tours are available Tuesday - Saturday
10 a.m. - 4:00 p.m.

Cannonsburgh Village 615-890-0355

**312 S. Front Street
Murfreesboro, TN 37129**



The original name of Murfreesboro, Cannonsburgh welcomes visitors to a southern-style village, circa 1800-1925. Displays include early American trades, museums, period homes, a large collection of tractors and farm implements, visitor center and time-period gifts. The Williamson Chapel, Leeman House, Pavilion, and Gazebo and Lions Club building are available to rent.

Photographers: Taking photographs at Cannonsburgh is free; however, we do ask that you call the office and schedule an appointment as wedding rentals are taking place year-round on the grounds.

Civic Plaza 615-890-5333

**111 W. Vine Street
Murfreesboro, TN 37130**



This park is located at the front entrance of the City of Murfreesboro City Hall. It houses a large open space brick area with amphitheater seating that will accommodate up to 400 persons. The area also has a water feature, shaded walking path and gazebo. The open brick area and amphitheater are available for rent.

Gateway Island and Trail 615-642-1103

**1875 West College Street
Murfreesboro, TN 37129**



Gateway Island and Trail showcase a state-of-the-art reception center, gazebo, cascading waterfalls, fountains and lake overlook. The reception center includes a catering kitchen, multipurpose room (15-20 capacity) and restrooms that are accessible to the public during park hours. Half day & full day rentals are available.

McFadden Community Center 615-893-1802

**211 Bridge Avenue
Murfreesboro, TN 37129**



The McFadden Community Center is on a 3-acre campus and includes a gymnasium, outdoor playground, two meeting rooms, game room, and the Rutherford County Food Bank. The gymnasium and game room are available for rental only on Saturdays and Sundays. The pavilion is first-come/first-served.

Hours: Monday-Friday, 3 p.m. - 8:00 p.m.

McKnight Park **615-890-5333** **120 DeJarnette Lane** **Murfreesboro, TN 37129**



McKnight Park is an 81-acre community park located in the northern area of Murfreesboro. Shelter rentals April - October.
1 Picnic Shelter Seats Approx. 80

Murfree Spring Wetlands **615-890-5333** **502 SE Broad Street,** **Murfreesboro, TN 37130**



Adjacent to the Discovery Center, the 25-acre Murfree Spring Wetlands boasts a boardwalk, playground, and conservation education in the middle of the city.

Oaklands Park **615-890-5333** **905 N. Highland Ave.,** **Murfreesboro, TN 37130**



This 31-acre neighborhood park surrounds Oaklands Mansion, a historic site operated by Oaklands Association. A large picnic shelter with restrooms may be rented April - October. The park includes a walking trail, wetlands area, and playground with parking.

Old Fort Park **615-890-5333** **1024 Golf Lane** **Murfreesboro, TN 37129**



Old Fort Park is a 50-acre community park. Facilities are a picnic shelter (with restrooms), Kids' Castle Playground, 24 tennis courts, tennis court rentals, greenway access and open play space. Restrooms are located at the shelter and are open year-round. Shelter available daily for rental, April - October.
Shelter Seats Approx. 120

Patterson Park **615-893-7439** **521 Mercury Blvd.** **Murfreesboro, TN 37130**



Patterson Park consists of 10 acres and has a 110,000 square foot facility. Shelters, swimming pool, meeting rooms and theatre are available to rent; please call 615-893-7439. Shelter restrooms are open April - October.

Large Shelter Seats Approx. 100
Small Shelter Seats Approx. 50

Richard Siegel Park **615-890-5333** **515 Cherry Lane** **Murfreesboro, TN 37129**



This community park has 3 picnic shelters. The 2 small shelters are first-come, first-serve. The large shelter is available for rental seven days a week, April - October. Restrooms are open year-round.

Shelter No. B Seats Approx. 30
Shelter No. C Seats Approx. 30
Shelter No. A Seats Approx. 75

Rogers Park **615-890-5333** **1115 Hunt Street** **Murfreesboro, TN 37130**



Rogers Park is a 7.5-acre park. Shelters are available daily for rentals, April-October, with restrooms available.

Shelter No. 1 Seats Approx. 80
Shelter No. 2 Seats Approx. 45

St. Clair Street Senior Center **615-848-2550** **325 St. Clair Street** **Murfreesboro, TN 37130**



The St. Clair Street Senior Center provides a warm, caring place where those over the age of 60 can come together with other adults for services and activities that reflect shared experiences and skills, support one's needs and interests, broaden independence and maintain one's involvement in the community.

Hours: Monday - Friday 6 a.m. - 7:00 p.m.
 Saturday 8 a.m. - 5:00 p.m.
 Sunday 1 p.m. - 5:00 p.m.

Wilderness Station **615-217-3017** **697 Veterans Pkwy.** **Murfreesboro, TN 37128**



Located in Barfield Crescent Park, the Wilderness Station is the city's unique outdoor awareness and adventure facility. It is nestled along the edge of the woods, just a short drive past the disc golf area. Groups can camp in the primitive Backcountry Campground. Some of the amenities are: two educational classrooms, outdoor camping supplies and campsites. The retreat room is available for rental. Evening rentals and programs are based on staff availability.

Summer Hours (through September 14)
Sunday 12 p.m.- 8:00 p.m.
Mon-Sat 8 a.m. - 8:00 p.m.

Murfreesboro Greenway System

The Murfreesboro Greenway System consists of the Stones River, Lytle Creek and Gateway trails. The greenways are available for you to enjoy nature hikes, walking, running, bicycling, or in-line skating along the 13 miles of riverside trails. Small watercraft access points are also available for paddlers to enjoy the Stones River. The Murfreesboro Greenway System connects historical sites, parks, neighborhoods and businesses; it also serves as a conservation corridor to preserve precious natural and cultural resources. Thirteen trailheads provide access to the Murfreesboro Greenway System.

Thompson Lane Trailhead

2240 N. Thompson Lane

This trailhead provides access to the historic McFadden Farm property. This was the site of one of the bloodiest engagements in the Battle of Stones River. A 60-car parking area at this northern terminus of the Murfreesboro Greenway System allows users to enter the 12-foot wide asphalt trail for walking, jogging, in-line skating, and bicycling. Access for small watercraft is available at this location.

Broad Street Trailhead

1921 N.W. Broad St.

This trailhead, located at the 84 Lumber Company, is an eight-car parking lot providing entry to the greenway. This trailhead provides a water fountain and wayside exhibit. As you travel to the west, there is a wooden overlook that provides a good view of the river.

West College Street Trailhead

1902 W. College St.

Gateway Island Reservations: 615-890-5333

Adjacent to the General Bragg Trailhead, the College Street Trailhead provides connection and access to the two-mile Gateway Trail and Island. The Island is home to a reception center and gazebo, perfect for weddings and other special events.

General Bragg Trailhead

1450 W. College Street

Some of the amenities are: a trailhead for the Stones River Greenway, picnic shelter, playground and a dog park. Restrooms are available at the shelter.
1 Picnic Shelter Seats Approx. 45

Redoubt Brannan Trailhead

1300 W. College St.

This trailhead contains 19 parking spaces. Across the street are the remains of an earthen Civil War fortification (Redoubt Brannan) that was part of the larger Fortress Rosecrans. Redoubt Brannan was used by Union troops to guard the Old Nashville Pike and L&N Railroad.

Fortress Rosecrans Trailhead

1916 Golf Lane

This historic trailhead is located just off Golf Lane inside Old Fort Park. As a supply depot, it played an important role in the Union army's advance to Chattanooga. Fortress Rosecrans was abandoned in April 1866.

Manson Pike Trailhead

1208 Searcy St.

This trailhead offers parking for 15 cars. Also, a boat ramp for small craft and a water fountain are available at this site. A short walk gives the visitor a view of the dam at Ransom's Mill.

Overall Street Trailhead

410 Overall St.

This small trailhead has parking for 11 cars. This places you on the Lytle Creek portion of the Murfreesboro Greenway System.

Old Fort Park Trailhead

916 Golf Lane

Shelter Reservations: 615-890-5333

Located in Old Fort Park, this trailhead is between Kids' Castle playground and the tennis courts. The shelter provides picnic tables and restrooms.

Cason Trailhead

1100 Cason Trail

Shelter Reservations: 615-890-5333

This addition to the Murfreesboro Greenway System follows the West Fork of the Stones River with scenic overlooks, an impressive bridge crossing, and more access to the beautiful natural settings within Murfreesboro. The trailhead is also home to the Cason Bark Park.

Cannonsburgh Village Trailhead

312 S. Front St.

This southernmost trailhead is adjacent to the restored village of Cannonsburgh and is the beginning of the Lytle Creek Trail, which passes through the most urban portion of the greenway.

North Murfreesboro Greenway

The **Central Valley Trailhead**, located approximately one-mile from Hwy 231, boasts extended parking spaces suitable for equestrian trailers. The 1.34 mile trail features two overlooks, a switchback ("s" curve) hill and a tree-top canopy offering shade.

The **Walter Hill Trailhead** is located a 1/2 mile south of Jefferson Pike on Hwy 231. This trailhead offers parking, picnic tables, and a scenic view of the Walter Hill Dam.



4th of July Rock the Pool

Come make a splash at our Independence Day bash. It will be a day complete with contests, games and fun in the sun.

Ages: All ages

Date: Thursday, July 4

Time: 10:00 a.m.-4:30 p.m.

Location: Sports*com Outdoor Pool

Fee: \$7 Adults/\$5 Youth, Seniors and Military

Contact: Kyle Goss, 615-895-5040, kgoss@murfreesborotn.gov

"Celebration Under the Stars"

Bring your family and friends, your lawn chairs or blankets, and join us for this community annual event. There will be inflatables for the kids, live bands, fireworks, and refreshments for purchase. Please leave your pets, grills, alcohol, and fireworks, including sparklers, at home.

Ages: All ages

Date: Thursday, July 4

Time: 4:00 pm until after fireworks display approximately 9:30 pm

Location: McKnight Park

Contact: MPRD, 615-890-5333 recreation@murfreesborotn.gov

Sponsored by City of Murfreesboro, Murfreesboro Parks & Recreation Department Murfreesboro Fire & Rescue Department and Murfreesboro Police Department.



Celebration Under the Stars



Rock the Pool



Memories for a lifetime...



Night Lights



And the band played on



Celebrating our Nation's Founding!

Splash Out!

Join the many happy children under the spray from the Murfreesboro Fire and Rescue Department. Wear clothes and shoes to get wet in, and don't forget your sunscreen and towel. Free. Parents, plan to stay with your children and enjoy the water too!

Ages: Children 12 years & under with a parent/grandparent.

Dates: Thursday, July 11, at Barfield Crescent Park, Pavilions #5, 6, & 7
Thursday, July 25, at Old Fort Park

Time: 1:30-3:00 p.m.

Fee: Free

Contact: Becki Johnson, 615-893-2141, bjohnson@murfreesborotn.gov



Uncle Dave Macon Days A Roots Rendezvous

Uncle Dave Macon Days, a roots rendezvous which honors traditional American music and the career of the first superstar of the Grand Ole Opry and Country Music Hall of Famer, Uncle Dave Macon. This year marks the 41st Anniversary of the annual Uncle Dave Macon Days festival starting with small beginnings which attracted only a few old-time music enthusiasts on the lawn of the Courthouse in 1978.

Other family-oriented events taking place throughout the festival include: heritage activities for children, mouth-watering local concessions, a juried arts and crafts show in Matilda Macon's Artisan Village, Dave Macon's Marketplace, and a historic photo exhibit. Along with the lively festival competitions and the National Championships in music and dance, Saturday evening promises to be one of the best highlighting the talent who have made Uncle Dave Macon Days a success for the past 41 years. The celebration takes place in Cannonsburgh, a pioneer village. Cannonsburgh Village is located at 312 South Front Street in Murfreesboro, Tennessee.

Ages: All
Date: July 12-13
Time: 7:00-9:00 p.m.
Fee: \$10 per person; kids under 12 FREE!
Location: Cannonsburgh Village
Contact: Cannonsburgh Village
 615-890-0355
 shodges@murfreesborotn.gov



National Night Out

MPRD and Murfreesboro Police Department invite you to celebrate National Night Out on Tuesday, August 6 at Sports*Com, Patterson Park and at Murfreesboro's historic court square. All sites will host games, food and always educating the public about crime and how to prevent it.

Ages: All
Date: Tuesday, August 6
Time: 8:30 p.m.
Fee: Free
Contact: www.murfreesborotn.gov/parks

Murph's Fun Run

Run, walk or hop one mile around the Gateway Island and help keep our Murfreesboro Schools healthy this year! Every finisher will receive a Murph's Fun Run medal. Register on site the day of the run. No preregistration necessary. *Part of the Walk, Read, Write Half Marathon

Ages: Kids of all ages; parents may assist.
Date: Saturday, August 10
Time: 9:00 a.m.
Fee: One new school supply
Contact: Becki Johnson, 615-893-2141,
 bjohnson@murfreesborotn.gov or
 Jennifer Joines, 615-893-2141,
 jjjoines@murfreesborotn.gov

St. Clair's End of Summer Party: Ice Cream Social & Magic Show

A great day to bring your grandchildren! While enjoying the tasty treats from the ice cream social we will be entertained by Bruce Amato, a very talented Magician.

Date: Thursday, August 1
Time: 1:00-2:00 p.m.
Fee: Free
Location: St. Clair Senior Center
Contact: Kathy Herod, 616-848-2550

Greenway Art Festival

Presented by Cultural Arts Murfreesboro and Friends of the Greenway, the annual Greenway Art Festival at Old Fort Park celebrates the region's most talented artisans in a family-friendly park setting. Original art (oil paint, watercolor, pottery, textile, metal, glass, and sculpture) as well as installation art, music, food vendors, and youth art activities will be available for everyone to enjoy.

The 2019 Greenway Art Festival is a juried event.

Festival Date: Saturday, September 21
Time: 10:00 a.m. – 4:00 p.m.
Fee: Free
Location: Old Fort Park
Contact: Cultural Arts, Visual Arts Division
 lbrowning@murfreesborotn.gov

3rd Friday Night Concert Series

Bring your lawn chairs, a blanket, and picnic while joining us for outdoor music performed by Uptown Country on July 19 and Scott Moritz on August 16.

Ages: All
Date: Friday, July 19 with Uptown Country
 Friday, August 16 with Scott Moritz
Time: 7:00-9:00 p.m.
Fee: Free
Location: Front lawn of Visitor Center at Cannonsburgh Village
Contact: Cannonsburgh Village
 615-890-0355
 shodges@murfreesborotn.gov

Movies Under the Stars

Attention family and friends! Movies Under the Stars returns this summer with a lineup of family-orientated flicks. Bring your blankets, lawn chairs, or truck bed. Movie lists are available at www.murfreesborotn.gov/parks, on site, and at all MPRD facilities. Refreshments are available for purchase. Cancellations due to weather are posted on MPRD's Facebook page!

Age(s): All
Date: Now thru July 27
Location: Mondays: Barfield Crescent Park, near Pavilions 1 & 2
 Tuesdays: Civic Plaza
 Thursdays: Richard Siegel Neighborhood Park
 Fridays: Cason Lane Trailhead
 Saturdays: Fountains at Gateway
Time: 8:30 p.m. until conclusion of movie
Fee: Free
Contact: www.murfreesborotn.gov/parks for a movie listing. Cancellations due to weather will be posted on Facebook/ MurfreesboroParksandRec



2019 Patterson Park Summer Enrichment Program

The Patterson Park Community Center is once again offering a positive learning environment for area youth this summer.

The vision of the program is to provide a safe and fun environment while offering a wide variety of sport, wellness, cultural arts, and character development activities, field trips and special events.

Ages: 8-13
Date: May 28-July 26
Days: Monday- Friday
Time: 9:00 a.m. – 4:00 p.m.
Fee: General Admission
Location: Patterson Park Community Center
Contact: Crystal Ellis-McFerrin, 615-893-7439
 cellis@murfreesborotn.gov



First Shot Summer Sports Camp

First Shot will be conducting the annual summer break sports camp. The camp sessions consist of: Dance, Team Sports, Character Counts, and other exciting enrichment activities.

Ages: 8-13
Date: July 8-11 and July 15-18
Days: Monday- Thursday
Time: 12:00 p.m. – 4:00 p.m.
Fee: General Admission
Location: Patterson Park Community Center
Contact: Crystal Ellis-McFerrin; 615-893-7439
 cellis@murfreesborotn.gov

Splash Out!

Join the many happy children under the spray from the Murfreesboro Fire and Rescue Department. Wear clothes and shoes to get wet in, and don't forget your sunscreen and towel. Free. Parents, plan to stay with your children and enjoy the water too!

Ages: Children 12 years & under with a parent/grandparent.
Dates: July 11 at Barfield Crescent Park, Pavilions #5, 6, & 7
 July 25 at Old Fort Park
Days: Thursdays
Time: 1:30 until 3:00 p.m.
Fee: Free
Contact: Becki Johnson; 615-893-2141
 bjohnson@murfreesborotn.gov

Refund Policy

- A full refund will be given when canceling at least two weeks prior to the camp, program or activity.
- A 50% refund of the total fee paid will be given when canceling or dropping out of the camp, program or activity less than two weeks prior to the start of the camp, program or activity.
- No refunds will be given the day of or after the start of the camp, program or activity.

Let's Make a Wooden Door Sign!

Let's create a home décor item for your front door! Do you need a mom's night out or even just a night out with your BFF? We have the perfect workshop for you. Please call and register to save your spot.

Ages: Adult
Dates: Friday, July 12
Time: 6:00-8:00 p.m.
Fee: \$25 (\$5 for class & \$20 for supplies)
Location: Gateway Island Reception Center
Contact: Amy Acla, 615-893-2141
aacla@murfreesborotn.gov

Kids for the Creative Arts Inc. presents: Visual and Performing Arts Summer Camp

Learn more about art in this hands-on camp. Every day we will discover different techniques and methods in art. The camp classes consist of: clay and rock sculptures, photography, dance and much more.

Ages: 8 - 13
Dates: July 15 - 19
Days: Monday- Friday
Time: 8:00 a.m. - 3:00 p.m.
Fee: General Admission
Location: Patterson Park Community Center
Contact: Crystal Ellis-McFerrin: 615-893-7439
cellis@murfreesborotn.gov

Island Fun Run

Help us celebrate National Parks and Recreation Month with a fun run on the island. Music, prizes, and FREE for all ages! Run or walk the one-mile route as many times as you'd like. Parking: W. College Street and General Bragg trailheads. No preregistration necessary.

Ages: All ages
Date: Wednesday, July 17
Time: 7:00-8:00 p.m.
Location: Gateway Island and Trail
Contact: Becki Johnson, 615-893-2141,
bjohnson@murfreesborotn.gov

Patterson Park After School Enrichment Program

Join Us Weekdays After School Until 6pm for:
A variety of sport activities, health and wellness lessons, visual and cultural arts, character development enrichments, homework help, after school snacks, and field trips.

Ages: 8-13
Date: August 5 - May 22
Days: Monday- Friday
Time: 2:30 p.m.– 6:00 p.m.
Fee: General Admission
Location: Patterson Park Community Center
Contact: Crystal Ellis-McFerrin, 615-893-7439
cellis@murfreesborotn.gov

Painting Class for Adults

Let's paint a pretty flower and farmhouse style painting for your home or office. Join me, and we can be creative together. Please call and register to save your spot.

Ages: Adult
Dates: Friday, August 16
Time: 6:00-8:00 p.m.
Fee: \$20 (\$5 for class & \$15 for supplies)
Location: Gateway Island Reception Center
Contact: Amy Acla, 615-893-2141
aacla@murfreesborotn.gov

HOW TO REGISTER

REGISTRATION LOCATIONS

Cash, Check &
Credit Card Payments at
Sports*Com
Administrative Office
Patterson Park Community Center

REGISTER ONLINE*

www.murfreesborotn.gov/parks
Credit card payments only.

*Contact Murfreesboro Parks
and Recreation
during regular office hours
at 615-890-5333
or email Debbie Terry at
dterry@murfreesborotn.gov
to receive your account information
prior to registering online.

SPORTS*COM INDOOR POOL SCHEDULE July 1-August 4

Activity	Monday, Wednesday & Friday	Tuesday & Thursday	Saturday	Sunday
Lap Swim	6 a.m. - 8 a.m. 11 a.m. - 6:00 p.m.	6 a.m. - 8 a.m. 11 a.m. - 6:00 p.m.	9:15 a.m. - 4:30 p.m.	1 p.m. -4:30 p.m.
***Shallow H2O	8 a.m. - 9 a.m. 6:00 p.m. - 7:00 p.m.	8 a.m. - 9 a.m.	Not available	Not available
***Gentle Joints	9 a.m. - 10 a.m.	Not available	Not available	Not available
Deep H2O	10 a.m. - 11 a.m.	9 a.m. - 10 a.m. 4:30 p.m. - 5:30 p.m. 6:00 p.m. - 7:00 p.m.	8:15 a.m. - 9:15 a.m.	Not available
Rehab	10 a.m. - 11 a.m.	9 a.m. - 11 a.m.	Not available	Not available
Toning	Not available	5:30 p.m. - 6:00 p.m.	Not available	Not available
Water Polo	Not available	**7:00 p.m. - 8:45 p.m.	Not available	Not available
**Open Swim	7:00 p.m. - 8:45 p.m.	**7:00 p.m. - 8:45 p.m.	Not available	Not available
Pool Rentals	Not available	Not available	5:00 p.m. - 7:00 p.m.	5:00 p.m. - 7:00 p.m.

***Lap Swim:** During pool-set up transitions, lap lanes may be removed 5 minutes early.

Tuesday/Thursday from 3:00-6:00 p.m., lap lane availability will be limited due to swim lessons.

Monday/Wednesday/Friday lap swim will have one lane available from 7:00-8:45 pm.

****Open swim** on Tuesday/Thursday is limited to shallow end only during the water polo program running from 7:00 p.m. – 8:45 p.m.

*****Shallow H2O and Gentle Joints:** May take place outside depending on weather and instructor's preference.

SPORTS*COM INDOOR POOL SCHEDULE after August 4

Activity	Monday, Wednesday & Friday	Tuesday & Thursday	Saturday	Sunday
*Lap Swim	6:00-8:00 a.m. 11:00 a.m.-1:00 p.m. 3:00-6:00 p.m. *7:00-8:45 p.m.	6:00-8:00 a.m. 11:00 a.m.-1:00 p.m. *3:00-6:00 p.m.	9:15-11:45 a.m.	Not available
Shallow H2O	8:00-9:00 a.m. 6:00-7:00 p.m.	8:00-9:00 a.m.	Not available	Not available
Gentle Joints	9:00-10:00 a.m.	Not available	Not available	Not available
Deep H2O	10:00-11:00 a.m.	9:00-10:00 a.m. 4:30-5:30 p.m. 6:00-7:00 p.m.	8:15 a.m. - 9:15 a.m.	Not available
Rehab	10:00-11:00 a.m.	9:00-11:00 a.m.	8:00-9:00 a.m.	Not available
Toning	Not available	5:30-6:00 p.m.	Not available	Not available
**Open Swim	7:00-8:45 p.m.	**7:00-8:45 p.m.	1:00-4:30 p.m.	1:00-4:30 p.m.
Water Polo	Not available	**7:00-8:45 p.m.	Not available	Not available
Pool Rentals	Not available	Not available	12:00-1:00 p.m. 5:00-7:00 p.m.	5:00-7:00 p.m.

Early Bird Swim @ Sports*Com Indoor Pool

There is nothing like a refreshing swim to get your day started! Take advantage of the opportunity to do just that at the Sports*Com and Patterson indoor pools. The pools will be open Monday through Friday, 6-8am, for those who want a great and invigorating morning workout. All lap lanes will be in at both facilities, so you may swim as many laps as you can!

Ages: All ages
Date: Ongoing
Days: Monday - Friday
Time: 6:00 - 8:00 a.m.
Location: Sports*Com indoor pool



Water Polo

Are you looking for a unique way to get an intense workout? Come play water polo on Tuesday nights! For those unfamiliar with the sport, this is an aquatic sport that takes place in the deep end of the pool. If you have never played before, we will gladly go over it all with you to let you learn at your own pace.

Ages: 13+
Date: Ongoing
Time: 7:00-8:45 p.m.
Location: Sports*Com
Fee: Facility Pass
Contact: Cody Saffel, 615-895-5040
csaffel@murfreesborotn.gov



Aquatic Class Descriptions

Shallow H2O Exercise

A moderate-to-high cardio workout, abdominals and muscle conditioning in the shallow end of the indoor pool.

Gentle Joints

A perfect class for those who require impact-free exercise while increasing strength and balance. Work through a full range of motion for flexibility benefits. Great for those with limitations such as arthritis, orthopedic problems, fibromyalgia, and for beginning exercisers. Takes place in the shallow end of the indoor pool.

Deep H2O Exercise

Knowledge of swimming is not required. Using hip flotation belts, this great workout develops aerobic endurance and muscle conditioning. Perfect for those with impact limitations!

Toning

This class is for participants who are seeking more strength and toning than offered in our other classes, focusing on a total-body strength workout on abs, upper and lower body! Stay after the 4:30 - 5:30 p.m. class, or come early for the 6:00 - 7:00 p.m. class.



PATTERSON PARK INDOOR POOL SCHEDULE

Activity	Monday & Wednesday	Tuesday & Thursday	Friday	Saturday	Sunday
*Lap Swim	6:00 a.m.-12:45 p.m.** 2:00-4:30 p.m. 7:00-8:45 p.m.	6:00 a.m.-12:45 p.m.** 2 p.m. - 8:45 p.m.	6:00 a.m.-12:45 p.m.** 2 p.m. - 6:30 p.m.	8:00-11:00 a.m. 1:00-4:30 p.m.	1:00-4:30 p.m.
Anchor Down Aqua	8:00-9:00 a.m.	8:00-9:00 a.m.	8:00-9:00 a.m.	Not available	Not available
Squeaks & Creaks	9:00-10:00 a.m.	9:00-10:00 a.m.	9:00-10:00 a.m.	Not available	Not available
Recreational Pool Play & Open Swim	10:00 a.m.-12:45 p.m. 2:00-4:30 p.m. 7:00-8:45 p.m.	10:00 a.m.-12:45 p.m. 2:00-8:45 p.m.	10:00 a.m.-12:45 p.m. 2:00-6:30 p.m.	1:00-4:30 p.m.	1:00-4:30 p.m.
Water Aerobics	5:30-6:30 p.m.	Not available	Not available	Not available	Not available
Pool Rentals***	Not available	Not available	7:00-9:00 p.m.	11:00 a.m.-1:00 p.m. 5:00-7:00 p.m.	5:00-7:00 p.m.

*Lap lane availability will vary by time of day. Two lap lanes will be available during open swim hours.

**During the aerobics time, there will be one lap lane.

***The pool will be cleared for cleanup 15 minutes prior to the rental end time.

Anchored Down Aqua

This class targets everyone with an action-packed workout for the abdominal and gluteus areas. Progressive water exercises are programmed to strengthen, define, and tone.

Ages: All ages
Days: Monday – Friday
Time: 8 a.m. - 9 a.m.
Fee: \$4

Squeaks ‘n’ Creaks

This is an arthritis-based water exercise class offering an impact-free method of exercise for affected joints and muscle groups requiring that special touch. Cardio work is not omitted from this class, making it perfect for the beginner or a back-to-fitness exerciser.

Ages: All ages
Days: Monday - Friday
Time: 9 a.m. - 10 a.m.
Fee: \$4

Water Aerobics

This class targets everyone with an action-packed workout for the abdominal and gluteus areas. Progressive water exercises are programmed to strengthen, define, and tone!

Ages: All ages
Days: Mondays, Wednesdays
Time: 5:30 p.m. - 6:30 p.m.
Fee: \$4

Early Bird Swim

Patterson Park Indoor Pool

There is nothing like a refreshing swim to get your day started! Take advantage of the opportunity to do just that at the Sports*Com and Patterson indoor pools. The pools will be open Monday through Friday, 6:00-8:00 a.m., for those who want a great and invigorating morning workout. All lap lanes will be in at both facilities, so you may swim as many laps as you can!

Ages: All ages
Date: Ongoing
Days: Monday - Friday
Time: 6:00 - 8:00 a.m.
Location: Patterson Park indoor pool



BORO BEACH OUTDOOR POOL (SPORTS*COM)



Group Visits
For safety reasons, all organized groups over 15 people **MUST** be scheduled in advance. To schedule a group visit, please call Sports*Com at 615-895-5040.



Boro Beach Admission Fees

Passes	Daily Adult	Daily Youth, Senior, or Military	Seasonal Adult	Seasonal Youth, Senior, or Military	Seasonal Family
Pool Pass	\$7	\$5	\$120	\$100	\$275
Pool Pass (City Resident)	\$7	\$5	\$100	\$80	\$250

Schedule for July

Activity	Monday & Wednesday	Tuesday & Thursday	Friday	Saturday	Sunday
Lap Swim	8:00 a.m.-4:30 p.m.	8:00 a.m.-4:30 p.m.	8:00 a.m.-4:30 p.m.	8:00 a.m.-4:30 p.m.	1:00-6:00 p.m.
Shallow H2O	8:00-9:00 a.m. 6:00-7:00 p.m.	8:00-9:00 a.m.	8:00-9:00 a.m. 6:00-7:00 p.m.	Not available	Not available
Gentle Joints	9:00-10:00 a.m.	Not available	9:00-10:00 a.m.	Not available	Not available
Deep H2O	Not available	9:00-10:00 a.m.	Not available	8:15-9:15 a.m.	Not available
Open Swim	10:00 a.m.-6:30 p.m.	10:00 a.m.-6:30 p.m.	10:00 a.m.-6:30 p.m.	10:00 a.m.-4:30 p.m.	1:00-6:00 p.m.
Private Rentals	Not available	Not available	7:00-9:00 p.m.	5:00-7:00 p.m.	6:30-8:30 p.m.

Schedule for August (Begins Monday, August 4)

Activity	Monday & Wednesday	Tuesday & Thursday	Friday	Saturday	Sunday
Lap Swim	Not available	Not available	Not available	10:00 a.m.-4:30 p.m.	1:00-6:00 p.m.
Shallow H2O	Not available	Not available	Not available	Not available	Not available
Gentle Joints	Not available	Not available	Not available	Not available	Not available
Tot Time	10:00 a.m.-12:45 p.m.	10:00 a.m.-12:45 p.m.	10:00 a.m.-12:45 p.m.	Not available	Not available
Open Swim	Not available	Not available	4:00-6:30 p.m.	10:00 a.m.-4:30 p.m.	1:00-6:00 p.m.
Private Rentals	Not available	Not available	7:00-9:00 p.m.	5:00-7:00 p.m.	6:30-8:30 p.m.

Youth Volleyball Class

Bump, set, and spike it at Sports*Com as qualified coaches give instructions on the game. From beginners to advanced, youth volleyball players will get the opportunity to develop and refine their skills. This is a year-round program that requires no registration. Come and go as your schedule allows.

Ages: 8 - 15 years
Days: Thursdays
Time: 4:30 p.m.- 6:00 p.m.
Fee: \$3 per visit
Location: Sports*Com
Contact: Sami Maxey, 615-907-2251
 smaxey@murfreesborotn.gov

Adult Coed Volleyball

The Murfreesboro Parks and Recreation department offers both competitive and recreational coed volleyball for players. The 4s competitive league plays at Sport*Com on Thursday nights year-round along with our recreational league that plays at Patterson Park Community Center on Monday nights. Generally, players enter with established teams, but efforts will be made to assist free agents to find a team on which to play. Teams wanting to enter the league can contact Athletics at the number or email listed below.

Ages: Adults (16+)
Dates: Mondays or Thursdays year-round
Time: Starting times vary according to the number of teams.
Fee: \$4 per player per visit or premium pass
Location: Sports*Com or Patterson Park
Contact: Sami Maxey; 615-907-2251
 smaxey@murfreesborotn.gov



Youth Football

The Murfreesboro Football League (MFL) is a non-travel recreational league located at the McKnight Park Youth Football Complex. All skill levels are encouraged to participate. The MFL provides a safe environment for youth to enjoy the sport of football while developing their skills and learning valuable life lessons.

5-6 and 7-8 year olds will play flag football.

9-10 and 11-13 will play tackle football.

Ages: 5-13 as of September 2, 2019
 Registration: June 1 – July 13

Player Evaluations: July 13 and July 20

Time: Practices and games will be on weeknights and/or Saturdays.

Location: McKnight Park Football Complex

Fee: \$70 per player

Contact: Athletics Department; 615-907-2251
 athletics@murfreesborotn.gov

Youth Cheerleading League

Cheerleading is a fantastic way to stay healthy and physically fit while building confidence. The sport promotes team building in a positive way. By improving flexibility and coordination, cheerleading develops well-rounded athletes with a positive self-image. Trained instructors will teach your child cheers and chants, choreography, and basic tumbling. Teams will practice and cheer for their assigned football teams. They will also practice once a week at McFadden Community Center, where they will work on choreography and tumbling. The season will be highlighted with a cheerleading show.

Ages: 6 - 13
Dates: Uniform sizing July 13 and July 20
 Practice starts August 12
Location: McKnight Park Football Complex
Fee: \$30 for program
 \$45 for uniforms (*approximate, may change*)
Contact: Sami Maxey; 615-907-2251
 smaxey@murfreesborotn.gov

Murfreesboro Adult Basketball League

The Murfreesboro Adult Basketball League is a great way for adult athletes to be competitive, stay in shape, and continue to play the game. This league offers full court games with qualified officials and scorekeepers weekly. The league is divided into two divisions; an A (competitive) division and a B (rec) division. Teams and individuals wishing to enter the league, please see contact information below.

Ages: 18 & up
Dates: Registration the month of July & games start in August.
Times: 6:00 p.m. / 7:00 p.m. / 8:00 p.m.
Fee: \$4 per player per visit or premium pass
Location: McFadden Community Center, Patterson Park and Sports*Com
Contact: Athletics Department at 615-907-2251; athletics@murfreesborotn.gov



Sports*Com Adult Basketball League

The Sports*Com Adult Basketball League is a great way for adult athletes to stay in shape, socialize and play the game. The league offers full court games, with trained officials, one day per week. Teams interested in participating in the league can call by referring to the contact information below. A separate list of interested individuals is also kept and efforts are made to assist in helping these individuals find a team.

Ages: Adult
Days: Games on Wednesdays year-round
Times: 6:00 p.m. / 7:00 p.m. / 8:00 p.m.
Fee: \$4 per player per visit or premium pass
Location: Sports*Com
Contact: Athletics Department at 615-907-2251; athletics@murfreesborotn.gov

Fall Adult Softball League

Fall Adult Softball League coaches' meeting is set for July 14 at 2:00 p.m. in the McFadden Community Center. Fall Adult Softball League is designed for adults 18 years of age and older to compete against others of similar skill. Space is limited, so please have a team representative at the coaches' meeting. Both Men's and Coed Divisions will be offered.

Ages: 18 & up
Dates: Coaches' Meeting July 14 @ 2:00 p.m.
League play tentative start day is the week of August 12
Day: Monday-Friday nights
Time: Games are double-headers and play at 6:00 p.m. / 7:00 p.m. / 8:00 p.m.
Fee: \$550 per team
Location: All games played at city facilities
Contact: Sami Maxey at 615-907-2251; smaxey@murfreesborotn.gov





2019 Summer Tennis Camps

The ATC Camp Philosophy

Our camp objective is to help produce a generation of kids who love to play the game of tennis. The key ingredient in fostering a love of the game is FUN with structure. The younger and more inexperienced the player, the more we strive to make the activity "game" oriented. This not only makes it fun for them, but provides the practical knowledge necessary for future learning. Of course, our ATC campers are always instructed in the proper grips and stroke techniques. As much as possible, we put

players into playing situations appropriate to their age and ability levels.

Our counselors work in a structured, organized system with manageable student/instructor ratios. We find that knowledge acquired through play (while having fun) makes our campers more eager to learn the techniques that can help them play better. That eagerness to learn and improve translates into lots of young players on the road to success!

Fees must be paid to register. Refunds will be issued when participant withdraws from camp at least two weeks in advance. Registration closes one week before session starts.

10% discount for campers signing up for three or more weeks at initial registration. Discount applies to camp fees, not guest fees.



Daily Activities

8:30 a.m.	Check-in @ indoor court facility
8:40 a.m.	Group breakdown
8:45 a.m.	Warm-up & stretching
9:00 a.m.	Tennis instruction
11:00 a.m.	Tennis games
11:30 a.m.	Half-day campers pickup
11:45 a.m.	Full-day campers - lunch

*May bring own lunch, or purchase at camp daily.
Lunch is followed by supervised play/rest time.*

1:00 p.m.	Full day campers return to courts
1:30 p.m.	Tennis instruction & point play
3:15-3:30 p.m.	Full day campers pickup

Parents must be prompt in picking up campers. A fee will be charged for late pickups.

Half-Day Campers:

8:30 a.m.-11:30 a.m.

Recommended for ages 6-9

Players younger than six years old must have staff's permission to participate.

Full-Day Campers:

8:30 a.m.-3:30 p.m.

Recommended for ages 9 and older.

5-Day Camp Weeks (Monday – Friday)

Fee: Half Day - \$165, Members - \$150,
Full Day \$295, Members - \$270,

Session: July 8 - 12

4-Day Camp Weeks (Monday - Thursday)

Fee: Half Day - \$135; Members - \$125,
Full Day - \$240; Members - \$220,

Sessions: July 22 - 25
July 29 - Aug 1

After school Junior Tennis Programs will resume the week of August 5. Contact the ATC at 615-546-4000 for details.

Pickleball

This fun sport combines many elements of tennis, badminton, and ping-pong. The rules are simple and easy for beginners to learn, but the game can become quick, fast-paced and competitive for experienced players.

Age: Adults
Fee: Facility Pass (\$4 Adults / \$3 Seniors)

Location: **McFadden**

Days/Times: Monday-Friday
8:00-11:00 a.m.
Tuesday, Thursdays

Contact: Mike Philpott, 615-893-1802
mphilpott@murfreesborotn.gov

Location: **Patterson Park Community Center (Indoor Courts)**

Days/Times: Wednesdays
12:00-2:00 p.m.

Contact: Mike Philpott, 615-893-1802
mphilpott@murfreesborotn.gov



Fall Racquetball League

Murfreesboro Parks and Recreation offers competitive and recreational racquetball for those players who have experience with the game. The league is separated into A, B, and C divisions. Players wanting to get into our racquetball league may use the contact and game information below if interested.

Ages: Adults
Dates: Sign-ups: August 1-31. Matches start the week of September 9.

Times: Players are responsible for scheduling their own games throughout the week after the master schedule is posted.

Fee: \$15 league entry fee & premium admission

Location: Patterson Park Community Center

Contact: Athletics Department; 615-907-2251
athletics@murfreesborotn.gov

League Contact Information

Murfreesboro Baseball Association

Plays at Barfield Crescent Park
www.murfreesborobaseball.com
registration@murfreesborobaseball.com

Murfreesboro Little League

Plays at Star*Plex in McKnight Park
<http://www.mborolittleleague.com/site>

Stones River Kiwanis - Girls Softball

Plays at McKnight Park Ball Complex
www.murfreesborosoftball.com
maggie.ingle09@yahoo.com

Miracle League

miracleleague@murfreesborotn.gov

Murfreesboro Soccer Club

www.murfreesborosoccer.com
admin@murfreesborosoccer.com

Murfreesboro Lacrosse League

www.murfreesborolacrosse.com

Murfreesboro Pickleball League

Imidgett992@gmail.com
Phone: 615-210-6176

PERFORM MURFREESBORO

Perform Murfreesboro

Perform Murfreesboro commits to being a positive influence in the education of Theatrical Arts by providing professional quality theatre programming for children. PERFORM MURFREESBORO BELIEVES: Theatre Education helps children gain confidence in themselves in the areas of public speaking, music appreciation, dance, creative thinking, problem solving, team and leadership skills, and more. Our practice is to put more emphasis on the process rather than the final product. We believe that by focusing on a quality process, we naturally produce a quality production that will provide entertainment for the community.

Perform Murfreesboro Membership

Perform Murfreesboro Members gain access to a wide variety of programming at no extra cost to them after a \$25.00 membership fee. The membership lasts for one fiscal year (July 2019 - June 2020) and comes with many perks. Members have access to free classes in a range of subjects, are given a gift with the Perform Murfreesboro logo on it, and can sell tickets (not required) at a discounted price to Perform Murfreesboro Productions in which they are involved. Members of Perform Murfreesboro enter a unique community of artistic individuals and build confidence together while experiencing the arts.

Ages: 6 - 17 years

Fee: \$25

Location: The Washington Theatre at Patterson Park
Community Center

Register: Patterson Park, Sports*Com, or Parks and
Recreation Main Office

Contact: Susan Hicks; 615-893-7439, ext. 6104
shicks@murfreesborotn.gov

Perform Murfreesboro – Auditions

Auditions are open for everyone with age limitations for some productions. Perform Murfreesboro Membership is not required to audition for a production but is required if cast in the production. Auditioning can sound like a scary experience, but we do our best to surround you with a supportive environment and make it as fun and exciting as it should be! Rehearsals are generally on Monday, Tuesday, and Thursday evenings.

Perform Murfreesboro Orientation

Parents of current and prospective Perform Murfreesboro members are encouraged to attend Orientation for the 31st Season. Orientation will include a tour of the theatre as well as updated information for auditions, classes, and performances for the year. Make plans to come out and meet the Perform Murfreesboro staff and learn all that Perform Murfreesboro has planned for your child this year!

Monday, August 5

6:30-8:30 pm

**The Washington Theatre
at Patterson Park**

Cost: FREE!



Perform Murfreesboro

Audition Prep Class

Current and potential Perform Murfreesboro members are welcome to attend this FREE audition prep class. This class will cover the basics of auditions for Perform Murfreesboro. Emphasis will be placed on audition presentation, how to prepare for auditions and audition packet information. Sample monologues will be provided, and this season's directors will be there to answer questions about auditioning. Sign up begins July 1.

Date: Tuesday, August 6

Times: 5:00-6:00 p.m. for ages 6-8 (30 spaces)
6:00-7:00 p.m. for ages 9-11 (30 spaces)
7:00-9:00 p.m. for ages 12-High School Seniors (40 spaces)

Cost: Free
Registration is required.
Space is limited.

Location: The Washington Theatre at Patterson Park

Contact: Susan Hicks, 615-893-7439, ext. 6104
shicks@murfreesborotn.gov

Auditions for Music Man

The Music Man follows fast-talking traveling salesman, Harold Hill, as he cons the people of River City, Iowa, into buying instruments and uniforms for a boys' band that he vows to organize – this, despite the fact that he doesn't know a trombone from a treble clef. His plans to skip town with the cash are foiled when he falls for Marian, the librarian, who transforms him into a respectable citizen by curtain's fall.

The director will be casting children aged 6 years old-high school seniors of all genders, ethnicities, and vocal ranges for this production. There are 30 speaking roles, 45 ensemble roles, and 12 dance/gymnast roles available. Backstage/Crew positions are also available for students over the age of 13 by audition or interview. Ensemble members may be cast in more than one ensemble. There will be Understudies cast for Leading Roles. Some roles may also be double cast. The Music Man will perform for two weekends in November.

Audition Packets containing all audition materials and requirements can be picked up at the Washington Theatre Box Office by email request to shicks@murfreesborotn.gov.

ACTING & VOCAL AUDITIONS

Monday, August 12 & Tuesday, August 13

Audition Times:

4:00-5:00 p.m. for ages 6-8

5:00-6:00 p.m. for ages 9-11

6:30 p.m. until end of last audition for ages 12-High School Seniors

DANCE AUDITIONS

Thursday, August 15 at 5:00 p.m.

CALLBACKS BY INVITATION ONLY

on August 15 at 6:00 p.m.

PERFORMANCE DATES:

November 15, 16, 17 & November 22, 23, & 24

Location: Washington Theatre at Patterson Park

Cost: Auditions are FREE. Cast members will be required to purchase a Perform Murfreesboro Membership
Contact: Susan Hicks, 615-893-7439, ext. 6104
shicks@murfreesborotn.gov

Perform Murfreesboro Master Class

Artists will hold Master Class Sessions in dance, vocal music, acting, and other aspects of theatre. Guest artists will be announced in August. Four sessions will be offered. You may register for one or more sessions. You must pre-register and spots are limited. Sign up begins August 1.

Ages: 10 and up

Date: Saturday, October 5

Times: 10:00 a.m.-3:00 p.m.

Cost: \$25 per session

\$75 for all 4 sessions

(Free to Washington Theatre Company Members)

Location: The Washington Theatre at Patterson Park

Contact: Susan Hicks, 615-893-7439, ext. 6104
shicks@murfreesborotn.gov

Perform Murfreesboro Beginning Acting

This class is the point of entry for our youngest actors! This class will teach the fundamentals needed to be confident and successful onstage. Students in this class will learn stage movement, line memorization, improvisation, audition skills and more. Sign up begins July 1.

Ages: 6-9

Date: Mondays in August-November

Classes begins, Monday, August 19

Times: 4:00-5:00 p.m. (20 spaces available)

Cost: Perform Murfreesboro Membership

Location: The Washington Theatre at Patterson Park

Contact: Susan Hicks, 615-893-7439, ext. 6104
shicks@murfreesborotn.gov



Washington Theatre Company Audition Opportunity

Students will audition to be part of this Company and will become the youth representatives of the Perform Murfreesboro/ Washington Theatre program. Auditions will consist of vocal ability, acting ability, and an interview in order to assess a student's readiness for the company. Students will learn the importance of community engagement, as well as advanced vocal and acting techniques. In addition to representing Perform Murfreesboro, company members will take part in the Christmas musical revue "Christmastime is Here" in December, perform in the musical revue "American Pop Forever" in the Spring, and present the Season Reveal for the upcoming season.

Date: Thursday, August 8
Class begins Monday, August 19

Ages: Age 12-High School Seniors

Time: 6:00 pm
(20 company members plus
5 alternates)

Cost: Perform Murfreesboro
Membership
plus \$25 Activity Fee

Location: Washington Theatre at Patterson
Park

Contact: Susan Hicks
615-893-7439, ext. 6104
shicks@murfreesborotn.gov

Patterson Dance Class

In this hour and a half long class, students will be introduced to Tap, Jazz, and Lyrical forms of dance. This class is an ideal way for students to step outside of their comfort zone while being physically active and gaining an appreciation for the art of dance. Students will learn basic dance fundamentals including stretching, technique, rhythm, interpretation, and creative movement. Class begins August 21.

Dates: Wednesdays August-November

Ages: 8-12

Time: 3:30-5:00 p.m.
(10 spots available)

Cost: Free with Perform Murfreesboro
Membership

Location: Washington Theatre at Patterson Park

Contact: Susan Hicks, 615-893-7439, ext. 6104
shicks@murfreesborotn.gov



Perform Murfreesboro Ensemble Choir

This class will introduce students to vocal music and choreography for performance. Students in this class learn ensemble and solo singing, choreography, and performance skills. In August, Ensemble Choir members will begin learning material for the Christmas musical revue "Christmastime is Here". This musical revue will be performed with members of the Homeschool Show Choir and Washington Theatre Company on the evening of December 9. Sign up begins July 1.

Dates: Tuesdays in August-December
Class begins August 20

Ages: Age 9-High School Seniors

Time: 5:00-6:00 p.m.
(30 spots available)

Cost: Perform Murfreesboro Membership
plus \$50 Activity Fee

Location: Washington Theatre at Patterson Park

Contact: Susan Hicks, 615-893-7439, ext. 6104
shicks@murfreesborotn.gov

Perform Murfreesboro

Homeschool Programs

HOMESCHOOL GENERAL MUSIC

This semester long class will focus on general music skills for homeschooled students aged 7-11. Ms. Shelby will encourage your child to discover a love for music by engaging in activities that include music appreciation, basic music notation and beginning rhythms. Vocal music will also immerse students in group singing. General Music students will perform in the Perform Murfreesboro Christmas Showcase on the evening of December 9. Signs up begins July 1.

Days: Mondays in August – December
Class Begins August 12

Times: 10:00-11:00 a.m.

Ages: 7-11

Cost: Perform Murfreesboro Membership
plus \$50 Activity Fee

Location: Washington Theatre at Patterson Park

Contact: Susan Hicks, 615-893-7439, ext. 6104
shicks@murfreesborotn.gov

HOMESCHOOL SHOW CHOIR

Students in this class will learn ensemble and solo singing, choreography, and performance skills. Show choir members will spend their class time learning material for the Christmas musical revue "Christmastime is Here". This musical revue will be performed with members of the Ensemble Choir, and Washington Theatre Company on the evening of December 9th. Spots are limited to 30, and this class will fill up quickly!

Days: Mondays in August – December
Class Begins August 12

Times: 11:30 a.m.-12:30 p.m.

Ages: 9-17

Cost: Perform Murfreesboro Membership plus \$50 Activity Fee

Location: Washington Theatre at Patterson Park

Contact: Susan Hicks, 615-893-7439, ext. 6104
shicks@murfreesborotn.gov

HOMESCHOOL THEATRE

Students in the homeschool theatre class meet once per week for the academic year and learn acting skill, basic audition skills, ensemble and solo singing, and performance skills. This class lasts for the duration of the academic year and culminates in performances of AristoCats KIDS on the evenings of March 20, 21, and 22 of 2020. Spots are limited, and this class will fill quickly!

Days: Wednesdays in August-December
Class Begins August 7

Times: 9:30-11:30 a.m.

Ages: 8-13

Cost: \$200 plus \$50 Activity Fee and Perform Murfreesboro Membership

Location: Washington Theatre at Patterson Park

Contact: Susan Hicks, 615-893-7439, ext. 6104
shicks@murfreesborotn.gov



Meet Your Artist Within

Workshops from the book "The Artist Within" taught by certified "Creative Fitness" coach Susan Carter. Join us for one or both of continuing creativity workshops aimed towards strengthening the creative right brain to wake up the artist within.

TREE COLLAGE

During this workshop we will consider our spheres of influence, our families, and our opportunity to create supportive and creative environments in each. This tree collage workshop is an opportunity to express gratitude and celebrate the positive people and situations in our lives. Class size is limited. All supplies included

Ages: Adult

Dates: Thursday, July 11

Time: 6:00-8:00 p.m.

Fee: \$20

Location: Gateway Island Reception Center

Contact: Lisa Browning,
lbrowning@murfreesborotn.gov



MANDALA

This workshop is an opportunity to quiet our minds by shifting our focus to the creation of a circular patterns of shapes and colors. We will consider how doing creative exercises can help us find our own rhythm. Class size is limited. All supplies included.

Ages: Adult

Dates: Thursday, July 25

Time: 6:00-8:00 p.m.

Fee: \$20

Location: Gateway Island Reception Center

Contact: Lisa Browning,
lbrowning@murfreesborotn.gov





Outdoor

MURFREESBORO

Wild Things

Welcome to the Wilderness!

Introduce your child to the wonders of nature in this fun-filled class designed just for them. Each week the adventure starts with unique songs and a discussion about the animal of the week. We reinforce each topic with a simple craft and a nature hike or fun activity. Join us each Wednesday, and learn about the wonderful, wacky wildlife that lives in Tennessee. **Registration is required. Please call the Tuesday before class to register.**

Ages: 1-4 years with adult

Days: Wednesdays in July & August

Time: 9:30 a.m.

Fee: \$3

Location: Wilderness Station
Barfield Crescent Park

Contact: Wilderness Station, 615-217-3017
outdoormurfreesboro@
murfreesborotn.gov

Trail Worms

Discover different native plants and animal species that call Murfreesboro home. We will meet at a Greenway trailhead and go for a short walk, create a craft project, sing songs, and read a story. Each week we will explore a new topic specific to Middle Tennessee! Come enjoy the beautiful Greenway with us and learn new things – rain or shine!

Ages: 7 and under

Dates: Fridays in July

Time: 10:00-10:45 a.m.

Location: Old Fort Park Trailhead

Fee: Free

Contact: Wilderness Station, 615-217-3017
outdoormurfreesboro@murfreesborotn.gov



Squishy Circuits

Description: Join us as we make circuits using a battery pack, conductive and insulating playdough, and LED lights! We will try our hands at series circuits, parallel circuits, and then have time for free play. This program is a kid-favorite!

Ages: 7 and up

Dates: Tuesday, July 2 at 2:00 p.m.

Saturday, August 3 at 10:00 a.m.

Fee: \$2 per person

Location: Wilderness Station,
Barfield Crescent Park

Contact: Hailey Moss, 615-217-3017
hmoss@murfreesborotn.gov



What's Up Night Hikes

Summer nights are great for spotting owls and bats, listening to a chorus of frogs and insects, discovering glowing eyes and finding fascinating critters that become active at night. Join us throughout the summer to discover the forest under the night sky. Reservations are required.

Ages: All ages

Dates: Tuesdays July 2, 9 & 23

Time: 8:00 p.m.

Location: Wilderness Station

Fee: \$3 per person/\$10 per family

Contact: Wilderness Station, 615-217-3017
outdoormurfreesboro@murfreesborotn.gov



Adventures in Atlatl

Would you like to try your hand at the ancient sport of atlatl? Predating the bow and arrow, atlatls were used by primitive peoples as they hunted woolly mammoths and mastodons! We will cover history, technique, and then practice our shooting! Please note: this program requires a 2.5 mile round-trip hike on a paved road to get to the atlatl range.

Ages: 8 and up
Dates: Saturday, July 6
Time: 10:00 a.m.-12:00 p.m.
Fee: \$2 per person
Location: Meet at the Wilderness Station, Barfield Crescent Park
Contact: Hailey Moss, 615-217-3017
 hmoss@murfreesborotn.gov

Summer Break Animal Encounters

Are the kids driving you up the wall on their summer break? Bring them to the Wilderness Station for a short informational session on one of our resident education animals! Afterwards, you can take to the trail or grab an ice cream cone in our gift shop!




Ages: All ages
Dates: Monday, Wednesday & Friday in July & August
Time: 11:00-11:30 a.m.
Fee: Free
Location: Wilderness Station, Barfield Crescent Park
Contact: Wilderness Station, 615-217-3017
 outdoormurfreesboro@murfreesborotn.gov

Nature Play Days

It's a play date with Mother Nature! Come play in the Nature Play Area to help build your child's interest in learning to play with objects found in nature. Build a fort, play in the water, climb, crawl, and get dirty! Join us for programmer-led activities such as mud painting, sculpting with clay, chalk art, and balance and agility competitions. It's naturally fun for all.

Ages: 1+ years with adult
Days: Thursdays
Dates: August 1, 8 & 15
Time: 10:00 a.m.
Fee: Free
Location: Wilderness Station, Barfield Crescent Park
Contact: Wilderness Station; 615-217-3017
 outdoormurfreesboro@murfreesborotn.gov




FREE Backpacks for Education!

The Greenway and Wilderness Station offer free educational backpacks for morning and afternoon checkout.

These backpacks are a great way to introduce your children or students to nature.

Themes include: Birds, Trees, Insects, and Wildflowers.

Backpacks may be checked out at the Wilderness Station and at Barfield Crescent Park.



Evening Paddle Boarding

Beat the summer heat by a relaxing evening on the water! Meet new friends and hang out with the old! Join us on July 5 for a fun time of paddle boarding. Whether your experienced, or you've just always wanted to try, this is the activity for you! Registration is required.

Ages: 13+
Dates: Friday, July 5
Time: 6:30 p.m.
Location: TBD
Contact: Arti Mullins, 615-217-3017
 amullinsmurfreesborotn.gov



Animal Tracks & Signs

What animal friends share your neighborhood? We can help you find out! Program attendees will take a fun animal sign quiz, make an animal track replica out of plaster of paris, then take to the trail to look for tracks and signs!

Ages: 5+
Dates: Tuesday, July 30
Time: 10:00-11:00 a.m.
Fee: Free
Location: Wilderness Station,
 Barfield Crescent Park
Contact: Hailey Moss, 615-217-3017
 hmoss@murfreesborotn.gov



Adult Evening Kayak Float

Wrap up the workweek with a fun evening on the water. Take in the city from a new perspective as we adventure on the Stones River. All equipment and instruction are provided. Children must be at least 10 years old and accompanied by an adult. Registration is required.

Ages: 10+
Dates: Friday, August 2
Time: Arrive at 5:45 p.m.
Location: TBD (depending on water levels)
Contact: Arti Mullins, 615-217-3017
 amullinsmurfreesborotn.gov

Family Kayak Float

Grab the family for an awesome summer paddle. Enjoy an adventure with your loved ones as we tour some of the waterways in our area! You'll be amazed at the beauty and wildlife that can be seen on this trip. Space is limited, and reservations are required. All equipment and instruction are provided. Children must be at least 10 years old and accompanied by an adult. Registration is required.

Ages: 10+
Date: Saturday, August 3
Time: Arrive at 10:00 a.m.
Location: TBD (depending on water levels)
Contact: Arti Mullins, 615-217-3017
 amullinsmurfreesborotn.gov



Fancher Falls Kayaking

Enjoy lake wildlife while you paddle across the deep, blue Center Hill Lake to the hidden 80 foot Fancher Falls. Remember to bring a camera to capture a sign that not many people see! Once we kayak across the lake to our destination, a short hike is required to reach the falls. Transportation and kayaking gear are provided. Reservations are required.

Ages: 12+
Date: Saturday, August 17
Time: 8:00 a.m. -4:00 p.m.
Location: Wilderness Station
 Barfield Crescent Park
Contact: Arti Mullins, 615-217-3017
 amullinsmurfreesborotn.gov



Stone Door & Greeter Falls Day Hike

Kick the back-to-school blues with a beautiful day in the mountains! Grab your hiking shoes and a camera, because you won't want to miss this trip! We will begin at the Ranger's Station and hike to one of the most beautiful vistas, the Stone Door!

From there, we will hike along the Big Creek Rim Trail to the stunning Greeter Falls. This trail is rated as moderate due to some elevation change and possible creek crossings. Registration is required.

Ages: 13+
Date: Saturday, August 10
Time: Departs Wilderness Station at 9:00 a.m.
Location: Wilderness Station
Barfield Crescent Park
Contact: Arti Mullins, 615-217-3017
amullinsmurfreesborotn.gov

Summer Backpacking

Join us for an adventurous weekend at Virgin Falls State Natural Area! Our first day we will hike through beautiful forests by crystal clear streams to the stunning Virgin Falls. That night, we will set up camp close to the falls. The second day will consist of hiking back out, but not without a short detour to Martha's Pretty Point which truly deserves that name! This hike will include a couple of creek crossings, but the reward is worth it!

The fee includes transportation and instruction. Gear, such as tents, packs, sleeping pads, stoves, cook sets, and headlamps, is available at no extra charge. All participants must attend the pre-trip meeting. Space is limited, and reservations are required.

Mandatory Pre-Trip Meeting: August 15 at 6:00 p.m.

Ages: 13+
Date: August 24 & 25
Days: Saturday & Sunday
Time: Departs Wilderness Station at 9:00 a.m.
on Saturday, August 24.
Location: Wilderness Station
Barfield Crescent Park
Contact: Arti Mullins, 615-217-3017
amullinsmurfreesborotn.gov

Grizzly Goat

Creatively infusing a Mumford and Sons, bluegrass flavor and a rock 'n' roll vibe, the band Grizzly Goat has created a new music genre in their own right. "As a band we go all the way from 'O Brother Where Art Thou?' bluegrass to almost Black Keys blues rock," Nate Waggoner, founder and lead singer of the band said in a recent interview. Join in the fun at Barfield Crescent Park for an outdoor, summer concert. It will be fun for the whole family. Please bring chairs/blankets for seating.

Ages: All ages
Date: Friday, August 2
Time: 6:00-8:00 p.m.
Fee: Free
Location: Pavilion #7 Barfield Crescent Park
Contact: Wilderness Station
 615-217-3017
 outdoormurfreesboro@
 murfreesborotn.gov

Nature Art

Drop in anytime between 10:00 a.m. and 12:00 p.m. to complete a variety of nature crafts! We will create nature cuffs, weavings, and painted leaf mobiles.

Ages: All ages
Date: Saturday, August 24
Time: 10:00 a.m.-12:00 p.m.
Fee: \$2 per person
Location: Wilderness Station
 Barfield Crescent Park
Contact: Hailey Moss, 615-217-3017
 hmoss@murfreesborotn.gov



Teachers, Homeschoolers & Scouts Field Trips & Field Studies for Your Group

We have added several new programs to share with your group. We can now accommodate large classes or small rotational groups. All programs are correlated with state standards or can be adjusted to satisfy badge requirements.

Contact Hailey Meyer for a complete list of programs and locations at 615-217-3017 or hmoss@murfreesborotn.gov.

You can also check out our website at www.murfreesborotn.gov/parks under Wilderness Station.

Birthday Parties at the Wilderness Station

Have your child's next birthday party at the Wilderness Station!



Choose one of our exciting nature-themed programs led by a park naturalist.

Visit our website for full descriptions, pricing, and scheduling at www.murfreesborotn.gov/parks under Wilderness Station.



Homeschool in the Wilderness

Supplement your homeschooler's science curriculum with this in-depth, 8-month program. We will explore a new topic each month through hands-on experiments, live observations, interpretive hikes and group discoveries. Registration begins on September 1. Limited spaces will be available, so register early! Registration is required.

TADPOLES

Ages: 8-10 years
Dates: September 2019-May 2020
Days: Last Thursday of each month

BULLFROGS

Ages: 11-13 years
Dates: September 2019-May 2020
Days: Last Friday of each month

Information for both groups:

Time: 9:00 a.m.-12:00 p.m.
Location: Wilderness Station,
 Barfield Crescent Park
Contact: Wilderness Station, 615-217-3017
 outdoormurfreesboro@murfreesborotn.gov

Hummingbird Festival

Saturday, September 7

Free Program for all ages

Barfield Crescent Park is home to hundreds of hummingbirds. Many people come to the Wilderness Station to enjoy the chatter and beauty of these tiny birds throughout the season.

Join us in celebrating these amazing creatures as they get ready to embark on a magnificent journey thousands of miles away. Guest speaker and Master Hummingbird Bander Cyndi Routledge of Southeastern Avian Research will share her knowledge and experience with these flying gems.

Children's activities, hummingbird merchandise, and much more await you on this day. Join us in the morning and again in the afternoon as SEAR (Southeastern Avian Research) bands hummingbirds.

Dates: Saturday, September 7

Time: 10:00 a.m.-4:00 p.m.

Hummingbird Banding

Bird banding is a valuable tool in the education and conservation of a species. Join Master Hummingbird Bander Cyndi Routledge of Southeastern Avian Research as she captures, bands, and releases hummingbirds at Barfield Crescent Park.

Dates: Saturday, September 7

Time: 8:00-10:00 a.m. & 3:00-5:00 p.m.
(Depending on presence of birds)

Join us at the
Wilderness Station,
Barfield Crescent Park
For more information
call 615-217-3017
or email

outdoormurfreesboro@murfreesborotn.gov

Half Marathon Training Program

Take your running to the next level!

- Saturday distance running with mileage increasing weekly.
 - Weekly informational emails
 - Volunteer opportunities giving back to the Murfreesboro community as a running group.
- Prerequisite: ability to run three miles, or be enrolled in the Beginning Runners Program

Ages: Adult

Dates: June 3 to the Murfreesboro Half Marathon

Days: Mondays, Wednesdays, Fridays
Saturdays beginning July 13

Time: 5:45 a.m.

Locations: SportsCom (M, W & F)
General Bragg Trailhead on Saturdays

Fee: \$40.00 training + \$65.00 race entry = \$105 total
Registration required at Sports*Com.

Contact: Jennifer Joines; 893-2141
jjoines@murfreesborotn.gov



Walk Read Write Half Marathon

This *Better Boro Project* and *Read To Succeed* program encourages the theory that physical activity before academic instruction has a positive impact on student achievement, specifically reading comprehension.

Each participant will be asked to **Walk** 13.1 miles, **Read** 13 books, **Write** 13 book reviews, and record their progress in a WRW Half Marathon journal. The WRW Half Marathon registration and journals will be available beginning in March at Sports*Com. The completed journal can be redeemed for an award.

Ages: 12 and under

Dates: March 1 – July 27

Times: Any

Fee: Free

Location: Anywhere

Contact: Jennifer Joines; 615-893-2141
jjoines@murfreesborotn.gov

Murph's Fun Run

Run, walk or hop one mile around the Gateway Island, and help keep our Murfreesboro Schools healthy this year! Every finisher will receive a Murph's Fun Run medal. Register on site the day of the run. No preregistration necessary.

Date: Saturday, August 10

Ages: Kids of all ages; parents may assist

Time: 9:00 a.m.

Fee: One new school supply

Contact: Becki Johnson, 615-893-2141
bjohnson@murfreesborotn.gov

Jennifer Joines, 615-893-2141

jjoines@murfreesborotn.gov

*Part of the Walk, Read,

Write Half Marathon



Foam Rolling

Self-Myofascial release or "self massage" also known as foam rolling helps break up or relax tight muscles. The deep compression of self-myofascial release allows normal blood flow to return and the restoration of healthy tissue. Learn foam rolling techniques to improve overall health. Bring your own roller or use one of ours. The number of rollers are limited.

Ages: Adults

Days: Wednesdays Beginning August 7

Time: 11:00 a.m.-12:00 p.m.

Fee: Patterson Park Admission

Contact: Chad Hill, CSCS, USAW, USAPL
615-893-7439

chill@murfreesborotn.gov



Speed & Agility Training

This class will focus on movement training, linear speed, lateral speed, agility and foot speed. We will use various ladder and plyometric drills. Workouts will become progressively more challenging once basic techniques have been mastered.

Ages: 8-17 years
Days: Sundays
Dates: August 11, 18 & 25
Time: 1:30-2:30 p.m.
Location: Patterson Park Community Center, Exercise Studio
Fee: \$3.00 or Facility Pass
Contact: Chad Hill, CSCS, USAW, USAPL
 615-893-7439
 chill@murfreesborotn.gov



KidFIT

Movers and Shakers

This parent participation class is designed to get you and your little one moving! Focus on playing with others, gross motor skills and having fun. Class size is limited. Please call to register.

Ages: 1 - 3 years
Days: Wednesdays and Fridays
Dates: Ongoing
Time: 10:30-11:00 a.m.
Location: Patterson Park Community Center
Fee: \$3.00 or Facility Pass. Preregistration is required.
Contact: Chad Hill, CSCS, USAW, USAPL
 615-893-7439
 chill@murfreesborotn.gov

Twist and Shout

Children run, jump, and play while learning important skills such as balance, coordination, listening, and taking turns. Designed to make fitness fun! Class size is limited; please call to register.

Ages: 3-5 years
Days: Wednesdays and Fridays
Dates: Ongoing
Time: 11:05-11:45 a.m.
Location: Patterson Park Community Center
Fee: \$3.00 or Facility Pass. Preregistration is required.
Contact: Chad Hill, CSCS, USAW, USAPL
 615-893-7439
 chill@murfreesborotn.gov



Martial Arts

Have you ever wanted to get in shape, gain self-confidence, learn self-defense, increase flexibility, and have a great time? Join Bryan in the Patterson Exercise Studio for Martial Arts.

Ages: All
Days: Tuesdays & Thursdays
Dates: Ongoing
Time: 7:40-8:40 p.m.
Location: Patterson Park Exercise Studio
Fee: Contact Instructor, Bryan Todd
Contact: Bryan Todd, 615-584-1024



PATTERSON PARK COMMUNITY CENTER



Group Training

We know that fitness is a journey, and we want to help you along the path to becoming a better you. We also know that fitness can be very confusing. With an assortment of

conflicting books, ideas, and schools of thought on the market, who can keep it straight? We will help you sort through it all and guide you down the path toward enhancing your lifestyle. We offer semi-private training for those who like working with a partner or friend or for those people who get more out of their workout by competing. Semi-private or group training is typically 2-4 people with one trainer. Common group dynamics are friends, husband-wife, siblings, mother-daughter and father-son. Semi-private training is more cost-effective than the traditional 1:1 training.

Ages: 16+ years
Dates: Ongoing
Location: Patterson Park
Fee: \$120 for 8 sessions per individual
Contact: Chad Hill C.S.C.S 615-893-7439
 chill@murfreesborotn.gov

Tai Chi

Tai Chi is an ancient Chinese discipline consisting of slow movements and postures done in a fluid and relaxed manner. It is used to reduce stress, increase flexibility, improve muscle strength, increase stamina and agility and increase the feeling of well-being.

Ages: 15+ years
Days: Fridays and Saturdays
Time: **Friday** 7:00-8:00 a.m.
Saturday Beginners 10:30 a.m.-1:30 p.m.
Saturday Intermediate 11:30 a.m.-12:30 p.m.
Location: Patterson Park Exercise Studio
Fee: Contact Bret Hawkins
Contact: Bret Hawkins @ 895-4932
 Bretkeithhawkins@att.net

Personal Training

Now is the time for your lifestyle to promote fitness, health, and well-being. Take a step in the right direction by hiring your own personal trainer. Here are 10 reasons a personal trainer may be right for you.

1. **Motivation:** Certified personal trainers can provide structure and accountability, and help you develop a lifestyle that encourages health.
2. **Individualized program:** If you have any chronic health conditions, injuries or training goals, a trainer can work with you to plan a safe, efficient program that considers these needs and enables you to reach your health goals.
3. **Efficiency:** Personal trainers help you focus on results and stop wasting your time doing inefficient workouts. A personal trainer will help you get maximum results in minimum time.
4. **Improve technical skills:** A personal trainer can incorporate skills training into your program so you improve your strength, endurance, agility and mental focus.
5. **You are new to exercise:** A trainer will introduce you to a simple, effective routine so you will have the confidence and knowledge to adhere to a regular exercise program.
6. **Break through plateaus:** You are stuck in the same routine and want to break out of a rut. A trainer will jump start, not only your motivation, but your routine as well.
7. **Learn how to go it alone:** Working with a personal trainer for a few months may be all you need to build a basic fitness program to achieve maximum results and continue on your own.
8. **Workout Safely:** A personal trainer watches your form and can provide objective feedback about your limits and strengths.
9. **Lose Weight:** If your New Year's resolution is to lose fat and build muscle, a trainer can keep you on track and help you realize those goals.
10. **Improve Self Confidence:** Whether you want to feel better, look better or tackle life's everyday tasks with ease, a personal trainer can help you on your way. Feel good in the skin you're in!

Personal Training Rates

One-Hour Session	\$35
4 One-Hour Sessions	\$120
8 One-Hour Sessions	\$220
12 One-Hour Sessions	\$300
15 One-Hour Sessions	\$350

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30-9:30 a.m. Metabolic Burn	8:30-9:30 a.m. Yoga & AM Boot Camp	8:30-9:30 a.m. Metabolic Burn	8:30-9:30 a.m. Yoga & AM Boot Camp	8:30-9:30 a.m. Body Sculpt	
9:35-10:35 a.m. Forever Fit	9:35-10:35 a.m. Zumba	9:35-10:35 a.m. Forever Fit	9:35-10:35 a.m. Zumba	9:35-10:35 a.m. Forever Fit	9:05-10:05 a.m. Saturday Surprise
	10:40-11:40 a.m. Sit & Get Fit		10:40-11:40 a.m. Sit & Get Fit	1:00-2:00 p.m. Yin Yoga	
4:20-5:20 p.m. Yoga	4:30-5:30 p.m. Zumba	4:20-5:20 p.m. Yoga	4:30-5:30 p.m. Zumba	<div> Group exercise classes are \$4/day (or facility pass). For more information: Chad Hill, C.S.C.S. 615-893-7439 chill@murfreesborotn.gov </div>	
5:30-6:30 p.m. Step-N-Sculpt	5:35-6:35 p.m. Thrash-N-Bash	5:30-6:30 p.m. Ripped	5:35-6:35 p.m. Cardio Kickboxing		
	6:40 - 7:40 p.m. Cardio Kickboxing				

AM Boot Camp

Whatever you do in life, we can help you do it better! A high-intensity program designed to increase overall muscle endurance, strength and help shed unwanted pounds. This workout alternates strength training exercises with aerobic activities to give you two workouts in one. AM Boot Camp combines intervals of cardio drills and conditioning exercises to provide you with the ultimate circuit workout for optimal fat burning. For ages 16+.

Body Sculpt

Weight and resistance training for anyone. Tone and tighten from your head to your toes using bands, stability balls and weights.

Cardio Kickboxing

Cardio Kickboxing is a combination of aerobics, boxing and martial arts. This total-body workout can improve strength, cardiovascular fitness, flexibility, coordination and balance.

Forever Fit

Specifically designed for men and women over 50. This class will improve your cardiovascular capacity, and muscle strength, as well as your flexibility.

Metabolic Burn

Short intense bouts of strength and cardio training followed by short periods of rest. This style of training helps the body burn calories and fat throughout the day.

Mixed Fit

High intensity dance fitness with explosive moves!

Saturday Surprise

Get the workout you want! This class varies each week depending on instructor and participant input.

Sit & Get Fit

Adults & seniors of all abilities are welcome. Slow, gentle functional movements that can help you move easier, have more energy and feel alive.

Step-N-Sculpt

Have fun while giving your heart a great workout, and then sculpt key muscle groups using free weights. Abdominal work is also included in this full-body workout.

Thrash & Bash

A full body cardio workout infused with isometric movements and strength training, using “drumming” motions and rhythms! Connect to your inner ROCK STAR!

Yin Yoga

A quieter practice focusing on opening the joints by stretching the connective tissue. Through long holds and deep breathing, this meditative practice will help you reset your mind and body.

Yoga

A great way to wind down. Focuses on improving your balance and flexibility, while at the same time reducing stress. For beginning and intermediate levels.

Zumba

Ditch the workout...join the party! Zumba is a dynamic and FUN dance-based fitness program for everyone! It fuses Latin rhythms with international music themes and combines the principles of interval training and resistance training to maximize caloric output, fat burning and total body toning. All fitness levels are welcome.

Pelvic Health and Mobility

This class will focus on breathing, strength, and alignment techniques to help get your pelvic floor working correctly for optimal support and function. Class will consist mostly of lying down, seated floor work, and some possible standing movements.

Ages: Adults
Days: Mondays and Wednesdays
Time: 10:00 a.m.
Location: Sports*Com
Fee: \$4 or Facility Pass
Contact: Allison Davidson; 615-895-5040
 adavidson@murfreesborotn.gov

Stuck in the Middle

The hips, glutes, belly and low back connect your lower body to your upper body. Tension, misalignment or weakness in this area can travel up and down the body. This class will work on

strengthening, stretching and aligning those areas so that your middle can give you the support and movement you need. All classes may include standing, sitting and mat/floor work, stretching, body weight exercises, light weights, bands, foam rollers and massage balls. This class runs through August. Come to one, or come to all. Each class stands alone.

Ages: Adults
Days: Mondays and Wednesdays
Time: 10:30 a.m.
Location: Sports*Com
Fee: \$4 or Facility Pass
Contact: Allison Davidson; 615-895-5040
 adavidson@murfreesborotn.gov



After Breast Cancer

We have partnered with the YMCA to offer the After Breast Cancer classes in our facilities. This program allows you to train with Pink Ribbon Trainers, meet with registered dietitians, get lymphedema education and find mental and emotional support from others facing the same issues. Please contact Melanie Cavender for more information and to sign up.

Ages: Adults
Location: Sports*Com & Patterson Park
Fee: Free
Contact: Melanie Cavender
 615-895-5995, prompt #3
 mcavender@ymcamidtn.org



Tumbleweeds

Kids learn the basic techniques of tumbling along with improving their balance, coordination, and overall fitness level. You must call the morning of class to reserve your spot; space is limited.

Ages: 3 - 5 years
Days: Mondays & Wednesdays
Time: 10:15 - 11:00 a.m.
Location: Sports*Com Aerobic Room
Fee: \$3.00 or Facility Pass.
 Preregistration is required day of program.
Contact: Sports*Com, 615-895-5040

Toddler Time with Thomas

Little kids love to play, and that's what they do while learning to wait their turn, follow directions and work together to accomplish simple goals. The focus is on body part recognition, cognitive skill development and, of course, FUN.

Ages: 5 and under
Dates: Fridays
Time: 10:00 a.m.
Location: Sports*Com
Fee: \$3 per visit
Contact: Thomas Laird, 615-907-2251
 tlaird@murfreesborotn.gov

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30-8:30 a.m. Yoga (Studio B)		7:30-8:30 a.m. Yoga (Studio B)		8:15-9:15 a.m. Metabolic Burn	
8:15-9:15 a.m. Zumba	8:00-9:00 a.m. Core Energy	8:15-9:15 a.m. Zumba	8:00-9:00 a.m. Core Energy	8:15-9:15 a.m. Zumba	8:30-9:30 a.m. Step/Tone
9:20-10:05 a.m. RetroFit	9:15-10:15 a.m. Total Body	9:20-10:05 a.m. RetroFit	9:15-10:15 a.m. Total Body	9:20-10:05 a.m. RetroFit	
10:00 a.m. Pelvic Health & Mobility*		10:00 a.m. Pelvic Health & Mobility*	<i>*See description on page 34.</i>	<div>Cholesterol Testing: \$25 This is a blood lipid panel test performed by an off-site lab (Quest Laboratories). This test is available ONLY at Sports*Com.</div> <div>Fitness Assessments: \$35 This is a 45-minute test measuring cardiovascular fitness, muscle strength, flexibility and body fat percentage. Advanced scheduling is mandatory. Sports*Com and Patterson Park.</div>	
10:30 a.m. Stuck in the Middle**		10:30 a.m. Stuck in the Middle**	<i>**See description on page 34.</i>		
10:15-11:00 a.m. Tumbleweeds***	10:30-11:15 a.m. Tai Chi	10:15-11:00 a.m. Tumbleweeds***	10:30-11:15 a.m. Tai Chi		
5:15-6:15 p.m. Barre&		5:15-6:15 p.m. Barre&			
5:15-6:15 p.m. Total Body	5:15-6:15 p.m. Step/Tone		5:15-6:15 p.m. Total Body		
6:30-7:30 p.m. Strong by Zumba	6:00-7:00 p.m. Yoga (Studio B)	6:30-7:30 p.m. Zumba	6:00-7:00 p.m. Yoga (Studio B)		
***Tumbleweeds (Ages 3-5) DAY OF REGISTRATION REQUIRED.					

Barre&

This class is suitable for most fitness levels. It uses precise movements, muscle-specific exercises and lots of work to shape, stretch and strengthen your body. This class may use an exercise barre, small balls and weights and light cardio.

Core Energy

This class concentrates on stabilization, alignment and core strength. It consists of standing moves and floor/mat work and may use body weight, bands, weights and balls with significant abdominal and lower back work.

Retro-Fit

This 45-minute muscle building class is perfect for beginners, seniors and intermediate exercisers. This class includes standing and floor work and may use body weight, hand weights, bands and balls. Light cardio bursts may also be included.

Step & Tone

This class consists of basic and advanced moves using a traditional aerobic step. It is designed for most fitness levels and consists of moderate to high impact cardiovascular movements. This class may include standing and floor work and may use body weight, hand weights, bands and balls.

Tai Chi

Based on an ancient Chinese discipline, this class consists of slow movements, gentle postures, deep breathing and relaxed minds and bodies. Perfect for all ages and skill levels, this class consists of standing and moving postures, but chairs may be available if needed.

Total Body

This class concentrates on muscle-building techniques and activities for intermediate to advanced exercisers. It includes standing and floor work and may use body weight, hand weights, weighted bars, bands and balls. Light cardio bursts may also be included.

Tumbleweeds

This class teaches basic techniques of tumbling that will improve balance, coordination, and overall fitness levels. Due to the specialized activities in this class, it is for ages 3-5 only. You must call the morning of the class to reserve your spot, as space is limited.

Strong by Zumba

This choreographed class uses high-intensity movements and hand weights to build your muscle and test your endurance. This is an intermediate to advanced class.

Yoga

These classes focus on improving balance and flexibility as well as assisting in stress reduction. May include standing and floor/mat work. For all levels.

Zumba

These dynamic dance-based fitness programs fuse Latin rhythms with international music themes for high-energy, moderate intensity cardio workouts.

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St. Clair Street Senior Center

The center is located at 325 St. Clair Street, Murfreesboro, TN. Hours of operation are Monday-Friday, 6:00 am-7:00 pm, Saturday, 8:00 am-5:00 pm and Sunday, 1:00-5:00 pm.

Mission

To provide vibrant public spaces and inclusive programs delivered with visionary leadership and caring staff that engage the individual and strengthen the quality of life of your community.

St. Clair Senior Center Access

No person in the United States shall, on grounds of race, color, or national origin, be excluded from participation in, be denied the benefits of, or subjected to discrimination under any program or activity receiving federal financial assistance. Title VI of the Civil Rights Act of 1964.

Photos

The Murfreesboro Parks and Recreation staff takes photos and videos at our programs, events or on park property. These photos or videos may be used

in our brochures, advertising, or other publications. If you do not wish to be in a video or have your photo taken, please tell our photographers.

St. Clair Senior Center Advisory Board

The purpose of the St. Clair Senior Center is to ensure that the opportunities set forth in the Center's Mission statement are available to all members of the community 60 and over. The commission has jurisdiction over the St. Clair Senior Center which is set aside for senior services and programs in the City of Murfreesboro.

St. Clair Senior Center Program Committee

The Program Planning Committee brings program suggestions keeping with the Center's mission, vision and strategic plan utilizing a Program Tool to the attention of the Facility Superintendent and staff. It consists of five senior participants serving a rotating two-year term. The committee meets monthly on the second Wednesday at 10:00 a.m. Members are: Lynn Nolan, Billy Vaughn, Yolanda Lozano, Rose Hernandez and Fred Massey.

Parking

Just a reminder to park only in St. Clair parking spots when you come to visit the Center. Parking in spots at Westbrook Towers is not allowed for those visiting the Center. Violators may be subject to towing.

Media

Visit us on the web at www.murfreesborotn.gov/seniorcenter.

Find us on 

@StClairSeniorCenter

Registration

Call the center at 615-848-2550 to register for programs with no fees. For programs with fees, please come into the center to register and pay with cash or check.

SPECIAL EVENTS @ ST. CLAIR

Summer Night Out Dance

Saturday, July 13

6:00-9:00 pm

Come on out and dance the night away with the Nashtones Band. Admission is \$5 at the door.

Chair Volleyball

Thursday, July 18

1:00-2:00 pm

St. Clair staff will be among the team of players who will be batting beach balls to and fro. Everyone hopes their team will win the game! NO special skills needed for this fun and exciting game, "Chair Volleyball!" Can't play? That's okay we need cheerleaders as well! Thank you to Cigna for sponsoring this event.

Limit 20

Room S105

End of Summer Party: Ice Cream Social & Magic Show

Thursday, August 1

1:00-2:00 pm

A great day to bring your grandchildren! While enjoying the tasty treats from the ice cream social, we will be entertained by Bruce Amato, a very talented Magician.

Room S105

BRUCE AMATO, MAGICIAN



2020 TRAVEL PRESENTATIONS

MAYFLOWER CRUISES & TOURS

2020 Trips Presentation

Monday, August 5 • 10:00 am in room S104

PREMIER WORLD DISCOVERY

2020 Trips Presentation

Wednesday, August 7 • 9:00 am in room S104

- FLYERS for all long distance travel are available at the front desk and the travel office at St. Clair Senior Center.
- Transfer to and from Nashville Airport is provided on long distance travel.

Summer Night Out: Karaoke & Movie

Thursday, August 9

4:30-7:00 pm

Bring your own music! Come and enjoy an evening singing Karaoke with your friends. If Karaoke isn't your cup of tea, then please come and relax, grab a bag of popcorn and enjoy a mystery movie.

Room S102, S104 & S105

Job Fair

Tuesday, August 20

12:30-4:30 pm

Looking for a job? You'll be glad to hear that employers are looking for you! Come and visit the 20+ vendors and receive information on job availability for the seniors in our area. This event is sponsored by The American Job Center of Murfreesboro.

Room S104

Mahjong

Anyone interested in playing?

Mahjong is a tile-based game that was developed in China during the Qing dynasty and has spread throughout the world since the early 20th century. Please contact Kathy Herod, Program Coordinator, if you would like to start a group playing this wonderful & fun game.

ATTENTION ALL PARTICIPANTS: A "NEW" Participant Registration Form (PRF) will need to be completed by ALL participants beginning July 1. These will be available in the WELCOME CENTER so please be sure to stop by to complete your new form.

RECREATIONAL PROGRAMS

Pinochle Tournament Winners MARCH 22

1st Place

Shirley Bowman & Morris Kupfer

2nd Place

Tony Cuomo & Jessie Jones

3rd Place

Brenda Miller & Michael Illig

Pool Tournament Winners

MARCH

1st Place: *Goose Davenport*

2nd Place: *Joe Cox*

3rd Place: *Tom Michal*

APRIL

1st Place: *Tom Michal*

2nd Place: *Joe Cox*

3rd Place: *Donny Arnold*

Chicken Foot

Played Daily

8:30 am-4:30 pm

Dominoes! Learn to play chicken foot with this fun group. Everyone is welcome!

Room R501

Canasta & Rook

Played Daily

8:00 am-4:00 pm

Join us for a game of Canasta or Rook.

Room R402

Book Discussion Group Mondays in July & August

9:00-10:00 am

All readers and reading materials (i.e. sci fi, drama, westerns, romance, adventure, etc.) are welcome to attend this open discussion group. Why did you pick this specific book? What have you learned from it? How did it make you feel? Come and join this interesting group and find out the answers.

Room E301

Hand & Foot Game

Tuesdays in July & August

1:00-4:00 pm

Come and learn the art of playing the card game, Hand & Foot.

Room E303

Limit 20

Wii Bowling

Tuesdays in July & August

1:00-4:00 pm

Come join us for the Wii Bowling League. A fun and low impact game that simulates bowling at a real alley. We play every Tuesday from 1:00-4:00 pm in Room P206. All new players are welcomed and will be placed on a team.

Room P206

Limit 50

Beginners Trivia

Tuesday, July 16 & 30

4:30-5:30 pm

Come join us for Beginners Trivia!

Easier questions for people interested in starting trivia for the first time. Teams will compete while answering questions ranging from all different topics. Snacks, drinks, music and fun supplied every night. If you don't have a team, don't worry; teams are selected at random each night. Don't forget about the PRIZES for the winning team!

Room S104

Limit 40

Did you know that Chicken Foot is a dominoes game played with 2-8 players. It is similar to Mexican Train dominoes and is played in rounds.

Spades

Wednesdays in July & August

12:00-4:00 pm

No experience necessary! Easy to learn!
Come join in the fun with the card game
"Spades"!

Room E303

Party Bridge

Thursdays in July & August

12:30-4:00 pm

Ever been curious as to how you play bridge?
Come and join this group which is open to
teaching you the skills you need to play.

Room E303

Trivia Team Meeting

Thursdays in July & August

1:00-2:30 pm

Catch the trivia FEVER! Have a lot of
knowledge you want to share? Love
competition? Come join our team to prepare
for the 2019 Brain Games competition in
Nashville this year!

Room E301

**According to local folklore what
famous gangster once got a haircut
in Murfreesboro as he was passing
through on his way to Florida?**

Trivia Games

Tuesday July 9 & 23

Thursday August 8 & 22

4:30-5:30 pm

Come join us for Trivia Games! Teams will
compete while answering questions ranging
from all different topics. The winning team
walks away with prizes. Snacks, drinks, music
and fun supplied every night. If you don't
have a team, don't worry; teams are selected
at random each night. Don't forget about the
prizes for the winning team.

Room S104

Limit 40

Euchre

Fridays in July & August

1:00-4:00 pm

Join in on the Friday Euchre play.

Room E304

Bunco

Thursday July 11 & 18 & August 1 & 15

1:00-3:00 pm

Learn to Play BUNCO, or if you know how to
play, just come join us! Game starts right at
1:00 p.m. and is fun, fun, fun!

Room S104

Music Jam Session

Fridays July 12 & 26

& August 9 & 23

1:00-3:30 pm

Bring your instrument and play along with
our group. We take turns in the round
playing and singing with everyone else
accompanying.

Room S105

315 Card Game

Mondays July 1 & August 5

10:00 am-12:00 pm

315 Card Game uses 13 different hands.
There is a wild card in each hand. This game
takes lots of thinking. Come learn, if you are
up for a challenge.

Room R402



8-Ball Pool Tournament**Wednesdays July 10 & August 14****9:00 am-12:00 pm**

Come see how your talent measures up in our monthly pool tournament! Deadline is 8:45 am the morning of the event. Everyone is welcome!

Room R501**Karaoke****Fridays July 5 & 19 and August 2, 16 & 30****1:00-3:00 pm**

Do you like to sing? Come and share your talents with this fun group. You will sing-a-long with your favorite musicians while reading the lyrics from a large screen TV.

Room S104**Butter Bean Auction****Wednesday July 24 & August 28****1:00-2:00 pm**

Kristen Brodie is such a fun auctioneer! Bid on your favorite item with butter beans. All prizes and beans supplied by The Rutherford Assisted Living. Fun!

Room S104**Limit 50****Mystery Movie****Friday, August 23****1:00-3:00 pm**

A huge comedy with tiny balls. When a former professional table tennis phenomenon is recruited by the FBI for a mission with the underground he is determined to bounce back to his former glory and smoke out his father's killer. Critics are calling this movie, "a fast, furious comedy!"

Room S104**Pinochle Tournament****Saturday, July 20****9:00 am-3:00 pm**

Test your skill in this partners' tournament.

Room S104**Limit 36****Kool Bingo****Thursday, July 18****5:30-6:30 pm**

Play a game of bingo with a kool glass of tea and great prizes.

Room S105**Beginners Trivia****Thursday, August 15 & 29****4:30-5:30 pm**

Come join us for Beginners Trivia! Easier questions for people interested in starting trivia for the first time. Teams will compete while answering questions ranging from all different topics. Snacks, drinks, music and fun supplied every night. If you don't have a team, don't worry; teams are selected at random each night. Don't forget about the PRIZES for the winning team!

Room S104**Limit 40****Mystery Movie****Friday, July 19****2:00-5:00 pm**

The leader of Rydell High School's Pink Ladies, a gang of girls who are counterparts of the school's group of greasers called the T-Birds. The lovers break up. She quickly catches the eye of English exchange student. Can we say, "love triangle"! Come and see how it turns out.

Room S104

CREATIVE ARTS

Sign up for classes requiring a fee at St. Clair Senior Center with cash or check payment.

Thank You Talented Artists

Thank you to all the wonderful artists that shared their beautiful pieces of art with us at The Rotunda in City Hall during the month of May. You are so talented!

Crafting with Marlane

**Monday, July 8 &
Monday, August 12
2:00-4:30 p.m.**

Do you like working with clay. Join us for a sculpting arts and crafts class. Bring your special beads and pendants to add to your creation. Space is limited.

Room R406

Limit 15

Stained Glass Jewelry Workshop

**Thursday, July 11
9:00 am-12:00 pm**

Learn how to make a stained-glass pendant necklace, and take home the finished piece. No stained-glass experience necessary. Materials and tools are provided.

Room R406

Limit 10

Class Fee: \$35

Stained Glass Jewelry Workshop

**Thursday, August 1
9:00 am-12:00 pm**

Learn how to make a stained-glass pendant necklace and take home the finished piece. No stained-glass experience necessary. Materials and tools are provided.

Room R406

Limit 10

Class Fee: \$35



2-Day Stained Glass Jewelry Workshop Thursday July 18 & 25

9:00-11:30 am

Learn how to make this stained-glass butterfly using hobby came and a recycled old spoon. This workshop is 5 hours split into two sessions over a two-week period. Materials & tools are supplied. Stained glass experience not necessary, but preferred.

Room R406

Limit 8

Class Fee: \$60

Social Ceramics

**Tuesdays in July & August
8:30-11:30 am**

You will pay the instructor for the piece you are working on only. Piece price will include your paint and firing. No other fee. Learn different techniques for painting on ceramics in this class. Cash, checks, or credit cards are accepted.

Room R406

Limit 16

Open Knit & Crochet

**Tuesdays & Thursdays in July & August
10:00 am-2:00 pm**

Join this very welcoming group of knitters and crocheters who offer inspiration and motivation with your knitting and crocheting projects. No sign up required. Bring your own supplies.

Room R405

Quilting**Tuesdays & Thursdays in July & August****10:00 am-2:00 pm**

Volunteer quilters do quilting for people in the public for a donation that goes to the senior center.

Room R405**Open Art Studio****Wednesdays in July & August****12:00-3:00 pm**

Bring your own supplies and projects and work alongside like minded artists for inspiration and creativity.

Room R406**Seniors Acting Up****Thursdays in July & August****1:00-3:30 pm**

Come and join in this fun group as they bring laughter, mystery & drama into the lives of others. Everyone is welcome!

Room S105**4-week Stained Glass Class Workshop****Saturdays, August 3, 17, 24 & 31****1:00-4:00 pm**

Beginner & Intermediate levels welcome! Learn how to make a copper foiled stained-glass window sun catcher in this 4-week workshop. Materials will be provided for beginners.

Room R406**Limit 8****Class Fee \$65****Singing Seniors****Mondays July 1, 8, 22 & 29 &****August 5, 12, 19 & 26****1:00-2:00 pm**

If singing is what you love, come join this amazing group! The only requirement you must have is to be able to show up! There is no audition, just come, join in and sing along.

Room S104**Stained Glass Class****Mondays July 1, 8, 15 & 22****& August 5, 12, 19 & 26****9:00 am-12:00 pm**

Beginner & Intermediate levels welcome! Learn how to make a copper foiled stained-glass window sun catcher. Materials will be provided for **beginners**.

Limit 12**Class Fee: \$65 per month****Art with Vivian: Lily Pond****Wednesday, July 17****8:45 am-12:00 pm**

This is the 2nd part of a 3-part project. When completed you will have a beautiful piece of art stretched out over 3 separate canvases. This section will be painted using acrylics on a 16"H x 20"W canvas. Students must register and pay for the class by July 15.

Room R406**Limit 12****Class Fee: \$25****Acrylic Techniques****Wednesdays****July 10 & 24 and August 14 & 28****8:45 am-12:00 pm**

Learn different techniques using acrylic paints with artist Vivian Karros. All supplies are provided.

Room R406**Limit 12****Class Fee \$25 per month**

Art with Vivian: Lily Pond Fish**Wednesday, July 31****8:45 am-12:00 pm**

The final panel of the conjoined Lily Pond project. Bright Koi Fish in a vivid blue pond. These stretched canvas paintings combine to make a unique statement. Students must register and pay for the class by July 29.

Room R406**Limit 12****Class Fee \$25****Inspired by Nature: Posing Pandas****Wednesday, July 3****8:45 am-12:00 pm**

The Posing Panda is one of our inspired by nature features. Prepared on a canvas board for easy mounting. (12"H X 12"W) Students must register and pay for the class by July 1.

Room R406**Limit 12****Class Fee \$25****Art with Vivian: Paint Brush Holder****Wednesday, August 7****8:45 am-12:00 pm**

This is a handmade wooden brush holder with 8 separate compartments for brushes. This is a fun and practical project for any painter. (6"H x 9"W) Students must register and pay for the class by August 5.

Room R406**Limit 12****Class Fee \$25****Inspired by Nature:****A Summers Bouquet****Thursday, August 22****8:45 am-12:00 pm**

Bright, airy and colorful. This summer bouquet is a fun way to welcome in the sights and colors of summer. (20"H X 16"W) Students must register and pay for class by August 19.

Room R406**Limit 12****Class Fee \$25****Art with Vivian: Loopy Iris****Wednesday, August 21****8:45 am-12:00 pm**

Fun and Colorful. Painted on a custom cut wooden pallet finished with a raised laser cut detail and rhinestone jewels. (15"H X 9"W) Students must register and pay for the class by July 29.

Room R406**Limit 12****Class Fee \$25****HEALTH & SOCIAL SERVICE****Legal Document Appointments**

Dee Brown,

Social Service Specialist

Attorney Michael Craig will be at the Senior Center for two days to write Simple Wills, Advance Directives and Powers of Attorney documents. If you are age 60 or older and interested in this service, you will need to call Dee Brown at 615-848-2550 to make an appointment. There is no walk-in service.

The cost for this service is \$25 per document, per person. That would mean if you and your spouse each write a will, your total cost would be \$50. This is a very minimal cost, and we are extremely pleased that Mr. Craig has offered us this service for the last 3 years. Please contact Dee for an appointment for either July 17 or August 7.

Blood Pressure Clinic
Monday July 8 & 22 and
August 12 & 26

9:30-11:30 am

Did you know high blood pressure is called a "silent killer" because it often has no symptoms and goes undetected in a high percentage of people? Now on the second and fourth Mondays each month, get your blood pressure checked by our wonderful volunteers and ask them about getting a card to keep track of your BP readings (great to take to your doctor).

Room S103B

Health Break: Gastroenterology
Tuesday, July 16

9:30-11:00 am

Come hear Dr. Brian Smith, a new gastroenterologist here in Murfreesboro, speak on endoscopy, colonoscopy, and all things in between. He is ready to discuss and answer your questions about all things gastro. Call 615-848-2550 to reserve your seat by July 12.

Limit 50

Room S104

Health Break: Dental
Thursday, July 18

10:00-11:30 am

Keeping your smile healthy and happy is important, so come hear Amy Ogles, Dental Hygienist with Three Rivers Dentistry, speak about oral care tips for your daily routine. Call 615-848-2550 to reserve your seat by July 15.

Limit 50

Room S104

Name That Tune
Tuesday, July 23

10:00-11:00 am

This will be a great mix for trivia and music lovers! Come exercise your brain; see how much you remember about songs from the past, including the artists and backgrounds. A fun way to spend an hour on a hot summer

day. Call 615-848-2550 to reserve your seat by July 22.

Limit 40

Room S104

Harmonicas for Health
Thursdays in July & August
Begins July 11

1:00-2:00 pm

Are you looking for something fun and interesting to do while improving your lung health? This might be just the thing you are looking for. The COPD Foundation's H4H class is a good way to exercise your lungs, learn how to play the harmonica, and meet new friends. No music background is needed!

Room R502

Limit 20



NEW CLASS AT ST. CLAIR

SAIL: A Fitness Class

Begins July 8/Register by July 5

Mondays & Wednesdays 10:30-11:30 am

Tuesdays & Thursdays 1:00-2:00 pm

A new evidenced based exercise program called SAIL (Stay active and independent for life) will be starting up at the center beginning July 8. This is a strength, balance and fitness class. The components of the SAIL Class include a warm-up, moderate aerobics exercise, balance exercises, strength exercises using wrists and ankle weights and ending with stretching and some education. Exercises throughout the hour class can be

done seated or standing. The two main goals of the SAIL Program are to improve strength and balance and to decrease the risk of falls.

Studies have shown that regular physical activity helps prevent and manage chronic diseases and helps prevent falls. Stay Active and Independent for Life is an evidence-based program that proves seniors attending 2-3 classes a week, have less falls, improved health and quality of life.

The classes will be taught by Laura Grissom and Paula Faist four days a week. There will be two morning classes starting at 10:30 am and two afternoon classes starting at 1:00 pm. The classes are an hour long. It is also highly recommended that you attend at least two classes per week. There is a fitness check that needs to be done before the class and again every 6 months thereafter. This 3-step test is to show you how the class has helped you improve your walking ability and balance, and your arm and leg strength.

We can all come up with excuses not to exercise, fear of falling, lack of interest, no one to exercise with, etc. We hope by exercising in this program you will improve your balance, strengthen a few muscles, make a few friends, and say goodbye to a few of the above-mentioned excuses.
(continued next column)

Please contact Laura or Paula, 615-848-2550, if you have an interest in this new program. Class size is limited to 20 participants per class.

Tennessee College of Applied Technology (TCAT) Trip

Wednesday, August 14

9:00 am - until complete

Go to TCAT for non-medical foot care, manicures, hair wash and style or haircuts. Each service is \$5, and there is an annual fee of \$5. If you want more than two services done, you will need to go on your own. Call 615-898-8010, ext. 118, to make an appointment. Please let senior center staff know what services you want at sign-up. Sign up by August 9.

Limit 10

Cost: \$5 for transportation

SUPPORT GROUPS

Diabetes Peer Support Group

Wednesday, July 3 & August 7

3:00-4:00 pm

A peer support group can help you improve your overall diabetes self-management. The goal of this group is to help you learn new coping skills, tips and tricks that may help you manage your diabetes.

Room E304

Powerful Tools for Caregiving

Wednesdays, August 7-September 11 • 2:30-4:00 pm

Powerful Tools for Caregivers is a 6-week educational series designed to help caregivers maintain personal well-being while providing quality care to a loved one. Some of the “tools” discussed include: reducing stress, communicating feelings to others, taking action, and setting personal goals.

Self care is important to acknowledge in order to continue on the caregiving path in a healthy way. Please register for the Powerful Tools for Caregivers with Dee Brown or Paula Faist. Series will be held from 2:30-4:00 pm for 6 consecutive Wednesdays beginning August 7.

Caregiver Circle**Wednesday, July 17 & August 21****3:00-4:30 pm**

A gathering time to chat, question and offer support to one another as we continue on our caregiver journey.

Room E304**Grief Relief Support Group****Friday, July 19 & August 16****10:00-11:00 am**

Grief may come from many life changes including death, divorce, health, and more. Come take this journey with individuals that are in need of emotional and physical support in a safe and nonjudgmental environment.

Room E301**Parkinson Support Group****Friday, August 2****No meeting in July****10:00-11:30 am**

Parkinson Support Group meets on the first Friday of each month. We share stories about our experiences with Parkinson's, practical tips on how to deal with Parkinson's, learn from speakers, and enjoy friendships with people who understand.

Room S104**SAVE THE DATE!****Senior Health Expo****THURSDAY, SEPTEMBER 26****8:00 am-12:00 pm**

Go ahead and mark this date on your event calendar for the St. Clair Senior Center Annual Health Expo. The event features health screenings and information, door prizes, snacks and much more. The expo is free and open to anyone age 60 and over!

SEMINARS**Meet the Rep: Volunteer Ops****Tuesday, August 6****10:00-11:00 am**

Do you have extra time on your hands? Come and hear about all the great opportunities there are to be a friend to someone in need. Jami Stinson, from Kindred Hospice, will be here to answer any of your questions about volunteering.

Room S104**In the Garden: Compost & Mulch****Monday, July 8****10:00-11:30 am**

Hear what Master Gardener Carol Reese has to say about the benefits of composting and mulch in this very interesting "In the Garden" discussion. Please sign up so we will have enough handouts.

Room S104

Tax Free Investing

Thursday, July 25

10:00-11:00 am

Do you want more control over the taxes you pay? This class will give you several strategies to help reduce your tax burden. Come & enjoy a cup of coffee with Randy Wilson, Financial Advisor with Edward Jones as we learn about saving money.

Room S104

Do This, Not That: Natural Cleaners vs Homemade Cleaners

Thursday, August 1

10:00-11:00 am

Do natural cleaners do what they say they do? Can you make your own natural cleaners that clean better? Come and get the 411 at this informative seminar.

Room S104

Coffee, Money, & Questions with Shaneesa

Tuesdays July 16 & August 20

8:30-9:30 am

Concerned about the current market conditions and how political, economic and cultural forces are shaping our markets? Let's talk about how this affects you as an investor. Grab a cup, bring your questions and come chat with Shaneesa Freshour from Edward Jones. Meets every 3rd Tuesday of the month.

Room E303

In the Garden: Water-Wise Gardening

Monday, August 12

10:00-11:30 am

It is critical to conserve as much water as possible. Water-wise gardening involves using landscaping techniques to help conserve water while maintaining a beautiful yard. Come hear about this important topic from Carol Reese, Master Gardener. Please sign up so we will have enough handouts.

Room S104

TRAVEL

- **ALL trips will depart from City Hall garage on Tommy Martin Dr. off of NW Broad St.**
- Let us know if you live at Westbrooks Towers or have special requests (ex: wheelchair) at the time of registration.
- We strive to return from trips on time; however, unforeseen circumstances could occasionally cause a trip to return later than expected.
- Registration and payment for day trips may be made at the center with check or cash.



Kirby's First Timers ONLY Nashville Tour

Saturday, July 13

9:00 am-4:00 pm

This trip is open to those who have never had the opportunity to go on Kirby's historic Nashville tour. Fee includes transportation and riding guided tour. Bring money for lunch.

Cost: \$11

Limit: 21

Deadline: July 10

July Lunch Outing

Tuesday, July 16

10:15 am-1:00 pm

Meat and three lunch buffet with fresh salad bar. Fee includes transportation. Bring money for lunch.

Cost: \$10

Limit: 21

Deadline: July 8

Nashville Farmers' Night Market**Friday, July 19****2:30-9:30 pm**

Featuring live music, Night Market offers you the opportunity to shop, sip, and dine under the stars while supporting farmers, artists, local businesses, and community organizations. Fee includes transportation. Bring money for shopping and dinner.

Cost: \$15**Limit: 15****Deadline: July 11****Dancin' Days of Summer****Saturday, July 20****6:45 am-6:15 pm**

All line dance levels are welcome to participate in this line dance party and workshop. Fee includes admission and transportation. Soft-soled shoes only. No boots or hard-soled shoes.

Cost: \$49**Limit: 15****Deadline: July 12****Antique Archaeology (American Pickers)****Tuesday, July 23****9:30 am-3:45 pm**

Shop vintage items, collectibles, and unique home décor in the old Marathon Automobile car factory, then travel a few blocks to the Farmers' Market for lunch and additional shopping. Fee includes transportation. Bring money for shopping and lunch.

Cost: \$15**Limit: 15****Deadline: July 17****Harrah's Casino, Metropolis, IL****Thursday, July 25****8:45 am-9:00 pm**

Fee includes transportation and \$5 in free play and buffet lunch.

Cost: \$10**Limit: 55****Deadline: July 17****Sunset Concert Trip****Sunday, July 28****3:15-9:15 pm**

If you are a fan of the 80s band, Journey, you're sure to enjoy this outdoor concert on the lawn at Carnton featuring Resurrection-A Journey Tribute. Fee includes transportation and ticket. Bring a folding chair and cash for food at concert.

Cost: \$28**Limit: 15****Deadline: July 12****McKay's Trip****Monday, July 29****9:15 am-2:45 pm**

Not just a bookstore, McKay's includes music, movies, electronics, games, musical instruments, collectibles and more! Fee includes transportation. Bring money for lunch.

Cost: \$11**Limit: 20****Deadline: July 19****Amish Country****Friday, August 2****7:30 am-3:30 pm**

Experience Amish life as you take a 1.5-hour horse-drawn wagon tour of the area. Several stops will be made throughout the route at Amish homes or businesses where cash will be required to purchase items. Fee includes transportation and guided riding wagon tour. Bring cash for shopping and lunch.

Cost: \$23**Limit: 21****Deadline: July 10**



Butterfly Festival
Saturday, August 3
6:30 am-4:45 pm

Anyone interested in butterflies and beautiful landscapes will enjoy this festival which includes butterfly education tents, educational talks, craft vendors, UT's insect zoo, and a monarch butterfly release at noon. Fee includes admission and transportation. Bring money for lunch and purchases at the festival.

Cost: \$29
Limit: 15
Deadline: July 19

Plaza Mariachi
Tuesday, August 6
4:30-9:15 pm

This cultural experience blends art, music, entertainment, food, services and retail in one location. Fee includes transportation and dinner.

Cost: \$39
Limit: 20
Deadline: July 10

Tennessee State Museum & Nashville Farmers' Market
Friday, August 9
9:30 am-4:45 pm

Will you spend your day at the Tennessee State Museum or Nashville Farmers' Market, or split your time between the two? The choice is yours. Fee includes transportation. There is no admission charge at the museum. Bring money for lunch and shopping.

Cost: \$15
Limit: 15
Deadline: August 1

Tomato Art Festival
Saturday, August 10
9:30 am-2:30 pm

East Nashville welcomes you to this fun and wacky day of art, music, food, costumes, contests, shopping & more, in celebration of the beloved fruit/vegetable—the tomato! Fee includes transportation. Tomato costumes (think red and green) are welcome. Bring money for lunch and shopping.

Cost: \$12
Limit: 15
Deadline: August 1

"Daddy's Girl" at Encore Theatre Co.
Sunday, August 11
1:15-7:15 pm

No-nonsense cook, Bernard, gets served a full plate of comic chaos when his deceased wife takes up residence as a talking portrait on the diner wall, in hopes of reuniting Bernard with their long-lost daughter. Fee includes transportation and production. Bring money for dinner.

Cost: \$24
Limit: 21
Deadline: July 12

Lynchburg Cake & Candy Co. Tour
Wednesday, August 14
8:45 am-2:15 pm

This sweet company has been featured in Paula Deen's son's cookbook, Road Tasted, by the TV show, The View, and on Food Network. Fee includes transportation. Bring money for lunch and shopping.

Cost: \$15
Limit: 15
Deadline: July 15



Travel Destinations 2019

DIAMOND TOURS

Biltmore Estate & Asheville, NC
November 18-21 • \$470/pp double

WHITE STAR TOURS

Neptune Festival & Williamsburg
September 26-30 • \$615/pp double

PREMIER WORLD DISCOVERY

Yosemite & California Coast by Rail – 8 Days
Departs September 7 • \$3699/pp double

Scotland & Northern Ireland Explorer – 9 Days
Departs October 14 • \$3895/pp double

Rose Parade New Year's – 6 Days
Departs December 30 • \$2799/pp double

*Transfer to BNA
is provided.*

Flyers for these trips are available at the center

Blue Heron Cruise **Saturday, August 17**

8:45 am-1:45 pm

The scenery is beautiful, and the large birds are plentiful. Fee includes transportation and pontoon nature cruise on Percy Priest Lake. Bring money for lunch.

Cost: \$25

Limit: 13

Deadline: July 12

Senior Mondays at the Frist **Monday, August 19**

9:30 am-3:45 pm

A docent-led tour of a current exhibit, live music by Snappy Pappy, and plenty of time to take in the finest visual art from local, state and regional artists. Fee includes transportation only. Bring \$6 cash for admission and money for lunch.

Cost: \$12

Limit: 21

Deadline: August 1

Tennessee State Capitol **Tuesday, August 20**

9:30 am-3:15 pm

One of the oldest working capitols in the US, the Tennessee State Capitol serves as home of the Tennessee General Assembly and houses the governor's office. Fee includes transportation. Photo ID is required for entrance. Bring money for lunch.

Cost: \$13

Limit: 22

Deadline: July 15

"Mamma Mia" at the Arts Center of Cannon Co.

Saturday, August 24

4:45-10:45 pm

You've seen the film – now it's time to see it live! You'll be singing along to the hits of ABBA including "Dancing Queen," "Mamma Mia," "Take a Chance on Me," and so many more. Fee includes transportation and production. Bring money for dinner.

Cost: \$23

Limit: 22

Deadline: July 15

**SEE PAGE 59 FOR
2020 TRAVEL DESTINATIONS**

August Lunch Outing**Tuesday, August 27****9:15 am-2:00 pm**

One of the quirkiest restaurants in Middle Tennessee, but the good vibes and great food make it a great spot for absolutely anyone. Fee includes transportation. Bring money for lunch.

Cost: \$15**Limit: 22****Deadline: July 20****"Southern Fried Nuptials"****at Chaffin's Barn****Thursday, August 29****9:15 am-3:45 pm**

The uproarious sequel to "Southern Fried Funeral," finds the Mississippi clan preparing for the wedding of daughter Harlene, with many of the same Frye family members in attendance. Fee includes production and transportation. Bring money for lunch.

Cost: \$33**Limit: 22****Deadline: July 15****Nashville Sounds vs San Antonio Missions****Friday, August 30****5:00-11:15 pm**

Fee includes transportation and game ticket. Bring money for concessions.

Cost: \$45**Limit: 15****Deadline: July 10****Ray Stevens CabaRay****Thursday, September 5****4:15-10:15 pm**

This concert is packed full of Ray's iconic hits and comedy classics. Fee includes transportation, complete dinner and show. Alcoholic beverages are not included. Entrée choice must be made at the time of registration (chicken, fish, pork or vegetarian).

Cost: \$91**Limit: 21****Deadline: July 15****Kimmi's Tea Room & Antiquing****Tuesday, September 10****9:30 am-3:15 pm**

Stop at a couple of antique shops along the country road to Kimmi's Tea Room where you will enjoy soup, salad, sandwiches, desserts, and, of course, freshly brewed tea.

Fee includes transportation and lunch. Bring money for shopping.

Cost: \$38**Limit: 20****Deadline: July 15****PHYSICAL FITNESS CLASSES
FREE FITNESS CLASSES****Go4Life****Mondays & Wednesdays in July & August****1:00-2:00 pm***No classes the week of July 1-5.*

This is an "at your own pace" exercise class for those who have never exercised or have not exercised in some time. We work on strength, flexibility, and balance.

Limit: 30**Room P204**

Gentle Fitness
Tuesdays & Thursdays
in July & August
8:30-9:25 am

This class will focus on strength, balance, cardio, core, and range of motion. Instructed by Jennifer Griffith.

Limit: 40
Room P204

Zumba Gold
Tuesdays & Thursdays in July & August
9:30-10:20 am

If you are an active adult looking for a modified Zumba class that recreates the original moves of Zumba that you love at a lower intensity, this class introduces easy to follow Zumba

choreography that focuses on balance, range of motion and coordination. Instructed by Jennifer Griffith.

Limit: 40
Room P204

Go4Life
Tuesdays & Thursdays
in July & August
10:30-11:30 am

No classes the week of July 1-5.

A low impact exercise group which focuses on strength, flexibility and balance. The class is great for those just starting an exercise routine or just getting back into exercising.

Limit: 20
Room P204

SAIL: Stay Active & Independent for Life
Mondays & Wednesday
in July & August
Starting July 8
10:30-11:30 am

Stay Active and Independent for Life (SAIL) is a strength, balance and fitness program. These exercises improve strength, balance and fitness and can help you stay active and reduce your chance of falling. Register for class by July 5.

Limit: 20
Room P206

SAIL: Stay Active & Independent for Life
Tuesdays & Thursdays
in July & August
Starting July 9
1:00-2:00 pm

Stay Active and Independent for Life (SAIL) is a strength, balance and fitness program. These exercises improve strength, balance and fitness and can help you stay active and reduce your chance of falling. Register for class by July 5.

Limit: 20
Room P206

PAID FITNESS CLASSES

Sign up for classes requiring a fee at St. Clair Senior Center with cash or check payment.

Dot's Gentle Yoga
Mondays & Wednesdays
in July & August
10:00-11:00 am

Yoga is wonderful for your mind, body and spirit. It concentrates on breathing, stretching and relaxing. Movements in class utilize props such as chairs, weights, blocks, and bands.

Limit: 25
Room P206
Cost: \$28 per month




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00 am Dot's Gentle Yoga Room P206	8:30 am Gentle Fitness Room P204	10:00 am Dot's Gentle Yoga Room P206	8:30 am Gentle Fitness Room P204	9:30 am Yoga with Larry Room P206
10:30 am SAIL Room P206	9:00 am Line Dance Practice with Delia Room P206	10:30 am SAIL Room P206	9:30 am Zumba Gold Room P204	<div> SATURDAY CLASSES OPEN TAI CHI 1:00-2:00 pm Room P204 </div>
1:00 pm Go4Life Room P204	9:30 am Zumba Gold Room P204	1:00 pm Go4Life Room P204	10:30 am Go4Life Room P204	
2:00 pm Fun & Fitness Line Dance Room S105	10:30 am Go4Life Room P204	1:15 pm Intermediate Line Dance Room S105	1:00 pm Intermediate Tai Chi Room P204	
	1:00 pm Intermediate Tai Chi Room P204		1:00 pm SAIL Room P206	
	1:00 pm SAIL Room P206		2:15 pm Beginning Tai Chi Room P204	
	1:15 pm Advanced Line Dance Practice Room S105	<div>The gym at St. Clair is available anytime the center is open. It features two treadmills, two ellipticals, one bicycle, one arm crank machine and one multi-use weight machine with a leg press.</div>		
	2:15 pm Beginning Tai Chi Room P204	<div>Check with your physician before starting any exercise program.</div>		
	3:00 pm Ballroom Dance Room S105			

Ballroom Dance
Tuesdays in July & August
3:00-4:00 pm
 Deborah Sullivan welcomes beginners and experienced students to her class. Students will learn the Fox Trot in July and Cha Cha in August.
Limit: 26
Room S105
Cost: \$26 per month

Beginning Tai Chi
Tuesdays & Thursdays in July & August
2:15-3:15 pm
 Smooth moves to improve stress, breathing and overall fitness.
Limit: 15
Room P204
Cost: \$15 per month

MONDAY	TUESDAY	WEDNESDAY
1 9:00 am Stained Glass Class 9:00 am Book Discussion Group 9:30 am Duplicate Bridge 10:00 am 315 Card Game 1:00 pm Singing Seniors	2 8:30 am Social Ceramics 10:00 am Quilting 10:00 am Open Knit & Crochet 10:30 am Bingo with Adoration Home Health 1:00 pm Hand & Foot Game 1:00 pm Wii Bowling 4:30 pm Beginners Trivia	3 8:45 am Inspired by Nature: Posing Pandas 12:00 pm Open Art Studio 12:00 pm Spades 3:00 pm Diabetes Peer Support Group
8 9:00 am Stained Glass Class 9:00 am Book Discussion Group 9:30 am Duplicate Bridge 9:30 am Blood Pressure Clinic 10:00 am In the Garden: Compost & Mulch 1:00 pm Singing Seniors 2:00 p.m. Crafting with Marlane	9 8:30 am Social Ceramics 10:00 am Quilting 10:00 am Open Knit & Crochet 1:00 pm Hand & Foot Game 1:00 pm Wii Bowling 4:30 pm Trivia Games 4:30 pm Beginners Trivia	10 8:45 am Acrylic Techniques 9:00 am 8-Ball Pool Tourney 12:00 pm Open Art Studio 12:00 pm Spades
15 9:00 am Stained Glass Class 9:00 am Book Discussion Group 9:00 am Duplicate Bridge 9:30 am Senior Monday at the Frist Trip 12:30 pm Singing Seniors Concert	16 8:30 am Social Ceramics 8:30 am Coffee, Money & Questions with Shaneesa 9:30 am Health Break: Gastroenterology 10:00 am Quilting 10:00 am Open Knit & Crochet 10:15 am Lunch Outing Trip 1:00 pm Hand & Foot Game 1:00 pm Wii Bowling 4:30 pm Beginners Trivia	17 8:45 am Art with Vivian: Lily Pond 12:00 pm Open Art Studio 12:00 pm Spades 1:30 pm Clown Meeting & Rehearsal 3:00 pm Caregiver Circle
22 9:00 am Stained Glass Class 9:00 am Book Discussion Group 9:00 am Duplicate Bridge 9:30 am Blood Pressure Clinic 1:00 pm Singing Seniors	23 8:30 am Social Ceramics 9:30 am Antique Archeology (American Pickers) Trip 10:00 am Quilting 10:00 am Name That Tune 10:00 am Open Knit & Crochet 1:00 pm Hand & Foot Game 1:00 pm Wii Bowling 4:30 pm Trivia Games 4:30 pm Beginners Trivia	24 8:45 am Acrylic Techniques 10:30 am Clowns to Southeast Baptist Church 12:00 pm Open Art Studio 12:00 pm Spades 1:00 pm Butter Bean Auction
29 9:00 am Duplicate Bridge 9:00 am Book Discussion Group 9:15 am McKay's Trip 1:00 pm Singing Seniors	30 8:30 am Social Ceramics 10:00 am Quilting 10:00 am Open Knit & Crochet 1:00 pm Hand & Foot Game 1:00 pm Wii Bowling 4:30 pm Beginners Trivia	31 8:45 am Art with Vivian: Lily Pond Fish 9:15 am Clowns to The Crossings at Victory Station 12:00 pm Spades 12:00 pm Open Art Studio

THURSDAY	FRIDAY	SATURDAY
<p>4</p> <p>Center Closed Happy 4th of July</p>	<p>5</p> <p>9:00 am Duplicate Bridge 1:00 pm Euchre 1:00 pm Karaoke</p>	<p>6</p> <p>8:00 am Smithville Fiddlers' Jamboree & Crafts Festival</p>
<p>11</p> <p>7:00 am Summer Celebration Trip 9:00 am St. Rose Bridge 9:00 am Stained Glass Jewelry Workshop 10:00 am Quilting 10:00 am Open Knit & Crochet 10:30 am Bingo with Smith Family Funeral & Cremation Services, LLC 12:30 pm Party Bridge 1:00 pm Seniors Acting Up 1:00 pm Harmonicas for Health 1:00 pm Bunco 1:00 pm Trivia Team Meeting</p>	<p>12</p> <p>9:00 am AARP Board Meeting 9:00 am Duplicate Bridge 10:00 am AARP Meeting 1:00 pm Music Jam Session 1:00 pm Euchre</p>	<p>13</p> <p>9:00 am Kirby's First Timers Only Tour 6:00 pm Summer Night Out Dance</p>
<p>18</p> <p>9:00 am 2-Day Stained Glass Workshop 10:00 am Quilting 10:00 am Health Break: Dental 10:00 am Open Knit & Crochet 10:30 am Bingo with Always Best Care 12:30 pm Party Bridge 1:00 pm Seniors Acting Up 1:00 pm Bunco 1:00 pm Chair Volleyball 1:00 pm Harmonicas for Health 1:00 pm Trivia Team Meeting 5:30 pm Kool Bingo</p>	<p>19</p> <p>9:00 am Duplicate Bridge 10:00 am Grief Relief Support Group 1:00 pm Euchre 1:00 pm Karaoke 2:00 pm Mystery Movie 2:30 pm Nashville Farmers' Market Night Market Trip</p>	<p>20</p> <p>6:45 am Dancin' Days of Summer Trip 9:00 am Pinochle Tournament</p>
<p>25</p> <p>8:45 am Harrah's Metropolis Trip 9:00 am 2-Day Stained Glass Workshop 10:00 am Quilting 10:00 am Tax Free Investing Seminar 10:00 am Open Knit & Crochet 10:30 am Bingo with Willowbrook Home Health & Hospice 12:30 pm Party Bridge 1:00 pm Harmonicas for Health 1:00 pm Seniors Acting Up 1:00 pm Trivia Team Meeting</p>	<p>26</p> <p>9:00 am Duplicate Bridge 1:00 pm Music Jam Session 1:00 pm Euchre</p>	<p>27</p>
		<p>28</p> <p>3:15 pm Sunset Concert Trip</p>
<div>  <div> <p>HOURS OF OPERATION</p> <p>Monday-Friday 6:00 am-7:00 pm</p> <p>Saturday 8:00 am-5:00 pm</p> <p>Sunday 1:00-5:00 pm</p> </div> </div>		<p>BILLIARDS Daily in room S501</p> <p>CANASTA Daily in room R402</p> <p>LIBRARY open during operational hours.</p> <p>CHICKEN FOOT Daily in room S501 or E304</p> <p>PUZZLES Daily in room R401</p>

MONDAY**TUESDAY****WEDNESDAY****AUGUST***Calendar of Events*

HOURS OF
OPERATION
Monday-Friday
6:00 am-7:00 pm
Saturday
8:00 am-5:00 pm
Sunday
1:00-5:00 pm

BILLIARDS
Daily in room S501
CANASTA
Daily in room R402
LIBRARY open during
operational hours.
CHICKEN FOOT
Daily in room
S501 or E304
PUZZLES
Daily in room R401

5

9:00 am Duplicate Bridge
9:00 am Book Discussion Group
9:00 am Stained Glass Class
10:00 am 315 Card Game
1:00 pm Singing Seniors

6

8:30 am Social Ceramics
10:00 am Meet the Rep:
Volunteer Opportunities
10:00 am Quilting
10:00 am Open Knit & Crochet
1:00 pm Hand & Foot Game
1:00 pm Wii Bowling
4:30 pm Beginners Trivia
4:30 pm Plaza Mariachi Trip

7

8:45 am Art with Vivan: Paint Brush
Holder
12:00 pm Open Art Studio
12:00 pm Spades
2:30 pm Powerful Tools for Caregiving
3:00 pm Diabetes Peer Support
Group

12

9:00 am Duplicate Bridge
9:00 am Book Discussion Group
9:00 am Stained Glass Class
9:30 am Blood Pressure Clinic
10:00 am In the Garden: Water Wise
Gardening
1:00 pm Singing Seniors

13

8:30 am Social Ceramics
10:00 am Quilting
10:00 am Open Knit & Crochet
1:00 pm Hand & Foot Game
1:00 pm Wii Bowling
4:30 pm Beginners Trivia

14

8:45 am Acrylic Techniques
8:45 am Lynchburg Cake & Candy
Company Trip
9:00 am TCAT Trip for Hair/Nail Care
9:00 am 8-Ball Pool Tourney
12:00 pm Open Art Studio
12:00 pm Spades
2:30 pm Powerful Tools for Caregiving

19

9:00 am Duplicate Bridge
9:00 am Book Discussion Group
9:00 am Stained Glass Class
9:30 am Senior Mondays
at the Frist Trip
1:00 pm Singing Seniors

20

8:30 am Social Ceramics
8:30 am Coffee, Money & Questions
with Shaneesa
9:30 am Tennessee State Capitol Trip
10:00 am Quilting
10:00 am Open Knit & Crochet
12:30 pm JOB FAIR
1:00 pm Hand & Foot Game
1:00 pm Wii Bowling
4:30 pm Beginners Trivia

21

8:45 am Art with Vivian: Loopy Iris
12:00 pm Open Art Studio
12:00 pm Spades
1:30 pm Clown Meeting & Rehearsal
2:30 pm Powerful Tools for Caregiving
3:00 pm Caregiver Circle

26

9:00 am Duplicate Bridge
9:00 am Book Discussion Group
9:00 am Stained Glass Class
9:30 am Blood Pressure Clinic
1:00 pm Singing Seniors

27

8:30 am Social Ceramics
9:15 am Lunch Outing Trip
10:00 am Quilting
10:00 am Open Knit & Crochet
1:00 pm Hand & Foot Game
1:00 pm Wii Bowling
4:30 pm Beginners Trivia

28

8:45 am Acrylic Techniques
12:00 pm Open Art Studio
12:00 pm Spades
1:00 pm Butter Bean Auction
2:30 pm Powerful Tools for Caregiving

THURSDAY	FRIDAY	SATURDAY
1 9:00 am Stained Glass Jewelry Wkshp 10:00 am Quilting 10:00 am Do This, Not That: Natural Cleaners vs Homemade Cleaners 10:00 am Open Knit & Crochet 10:30 am Bingo with Honeyhill Homecare 12:30 pm Party Bridge 1:00 pm End of Summer Party: Ice Cream Social & Magic Show 1:00 pm Seniors Acting Up 1:00 pm Harmonicas for Health 1:00 pm Bunco 1:00 pm Trivia Team Meeting	2 7:30 am Amish Country Trip 9:00 am Duplicate Bridge 10:00 am Parkinson Support Group 1:00 pm Euchre 1:00 pm Karaoke	3 6:30 am Butterfly Festival Trip 1:00 pm 4-week Stained Glass Workshop
8 9:00 am St. Rose Bridge 10:00 am Quilting 10:00 am Open Knit & Crochet 10:30 am Bingo with Smith Family Funeral & Cremation Services, LLC 12:30 pm Party Bridge 1:00 pm Seniors Acting Up 1:00 pm Harmonicas for Health 1:00 pm Trivia Team Meeting 4:30 pm Summer Night Out: Karaoke & Movie 4:30 pm Trivia Games	9 9:00 am AARP Board Meeting 9:00 am Duplicate Bridge 9:30 am Tennessee State Museum & Nashville Farmers' Market Trip 10:00 am AARP Meeting 1:00 pm Music Jam Session 1:00 pm Euchre	10 9:30 am Tomato Art Fest Trip
		11 1:15 pm "Daddy's Girl" at Encore Theatre Company Trip
15 10:00 am Quilting 10:00 am Open Knit & Crochet 10:30 am Bingo with At Home Health Care 12:30 pm Party Bridge 1:00 pm Seniors Acting Up 1:00 pm Bunco 1:00 pm Harmonicas for Health 1:00 pm Trivia Team Meeting	16 9:00 am Duplicate Bridge 10:00 am Grief Relief Support Group 1:00 pm Euchre 1:00 pm Karaoke	17 8:45 am Blue Heron Cruise Trip 1:00 pm 4-week Stained Glass Workshop
22 8:45 am Inspired by Nature: A Summers Bouquet 9:45 am Clowns to Waters of Shelbyville 10:00 am Quilting 10:00 am Open Knit & Crochet 10:30 am Bingo with Woodmen Life 12:30 pm Party Bridge 1:00 pm Seniors Acting Up 1:00 pm Trivia Team Meeting 1:00 pm Harmonicas for Health 4:30 pm Trivia Games	23 9:00 am Duplicate Bridge 1:00 pm Music Jam Session 1:00 pm Euchre 1:00 pm Mystery Movie	24 1:00 pm 4-week Stained Glass Workshop 4:45 pm "Mamma Mia" at Arts Center of Cannon County Trip
29 9:15 am "Southern Fried Nuptials" at Chaffin's Barn Trip 10:00 am Quilting 10:00 am Open Knit & Crochet 10:30 am Bingo with Northside Health Care 12:30 pm Party Bridge 1:00 pm Seniors Acting Up 1:00 pm Harmonicas for Health 1:00 pm Trivia Team Meeting	30 9:00 am Duplicate Bridge 1:00 pm Euchre 1:00 pm Karaoke 5:00 pm Nashville Sounds vs. San Antonio Missions Trip	31 1:00 pm 4-week Stained Glass Workshop

Intermediate Tai Chi
Tuesdays & Thursdays
in July & August
1:00-2:00 pm

Advanced moves to improve stress, breathing, and overall fitness.

Limit: 15

Room P204

Cost: \$15 per month

Yoga with Larry
Fridays in July & August
9:30-10:30 am

Class offering intermediate level yoga for seniors. It is wonderful for your mind, body and spirit. This class concentrates on yoga posture, breathing, stretching and relaxing. Come try a class for free!

Limit: 24

Room P206

Cost: \$10 per month

Open Tai Chi
Saturdays in July & August
1:00-2:00 pm

This class is open to all levels, beginners, intermediate and advanced.

Limit: 20

Room P204

Cost: \$10 per month



*St. Clair Senior Center's
 first birding hike.*



FREE LINE DANCE CLASSES

Fun & Fitness Line Dance
Mondays in July & August
2:00-3:30 pm

This is a beginner class. No previous dance experience required as you learn the line dance "vocabulary" and various rhythms in a fun atmosphere moving to all genres of music with instructor Phyllis Petty.

Limit: 25

Room S105

Line Dance Practice with Delia
Tuesdays in July & August
9:00-11:00 am

Learn the art of line dancing with instructor Delia Robeson.

Limit: 25

Room P206

Advanced Line Dance Practice
Tuesdays in July & August
1:15-2:45 pm

This class is NOT for beginners. It is for those who have moved on from the beginners class. Tom Robeson is the instructor.

Limit: 30

Room S105

Intermediate Line Dance
Wednesdays in July & August
1:15-2:45 pm

This class is for the intermediate line dance student. Learn different styles of dance to different types of music. Tom Robeson is the instructor.

Limit: 40

Room S105

TRAVEL DESTINATIONS 2020

DIAMOND TOURS

Miami & Key West • 7 Days
February 16-22, 2020 • \$759/pp double

New Orleans • 5 Days
April 20-24, 2020 • \$579/pp double



GRAND AMERICAN TOURS

Southeast Coast & Perfect Day Cruise
9 Days • March 19-27, 2020
Starting at \$1632/pp double

Canada & New England Cruise • 8 Days
September 26-October 3, 2020
Starting at \$2150/pp double

Venice to Rome Cruise • 11 Days
October 25-November 4, 2020
Starting at \$5450/pp double

MAYFLOWER CRUISES & TOURS

2020 Trip Presentation on
Monday, August 5 at 10:00 am
in Room S104

Danube Delights River Cruise • 11 Days
May 22-June 1, 2020
Starting at \$4848/pp double



PREMIER WORLD DISCOVERY

2020 Trips Presentation on
Wednesday, August 7 at 9:00 am
in Room S104

Great Trains & Grand Canyons • 6 Days
March 15-20, 2020
\$2645/pp double

Iceland Explorer • 7 Days
June 3-9, 2020
\$3825/pp double

Classic New England • 9 Days
October 1-9, 2020
\$3475/pp double

New York City
Holiday Trip
5 Days
December
4-8, 2020
\$3145/pp
double



WHITE STAR TOURS

Niagara Falls & The Erie Canal • 6 Days
June 22-27, 2020
\$899/pp double

Perry County, Missouri • 4 Days
August 18-21, 2020
\$675/pp double

Ride the Rails West Virginia • 4 Days
October 5-8, 2020
\$679/pp double


Flyers available at the front desk & travel office.

Transfer to & from Nashville Airport provided.



*This project is funded under agreement with Greater Nashville
Regional Council and funded in part by the United Way.*



Murfreesboro Parks and Recreation Department
P.O. Box 748
Murfreesboro, TN 37133-0748
615-890-5333
www.murfreesborotn.gov/parks
 Connect With Us!

Celebration Under The STARS

Free Inflatables
for the kids
starting at 5:30!

July 4 McKnight Park
120 DeJarnette Lane

Live Bands!
Fireworks!
Refreshments
for purchase!

Bring your family and friends, your lawn chairs or blankets, and join us for this FREE community annual event. Sponsored by City of Murfreesboro, Murfreesboro Parks and Recreation Department, Murfreesboro Fire & Rescue Department, and Murfreesboro Police Department.



Rock the Pool at Boro Beach! (Sports*Com outdoor pool)

Make a splash at our Independence Day bash. It will be a day complete with contests, games and fun in the sun. Fun for all ages!

10 a.m. - 4:30 p.m.
\$7 Adults • \$5 Youth, Seniors, Military

For more information, contact Kyle Goss, 615-895-5040, kgoss@murfreesborotn.gov.

**Please leave your pets, grills, alcohol, and fireworks, including sparklers, at home.*